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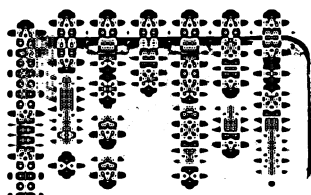
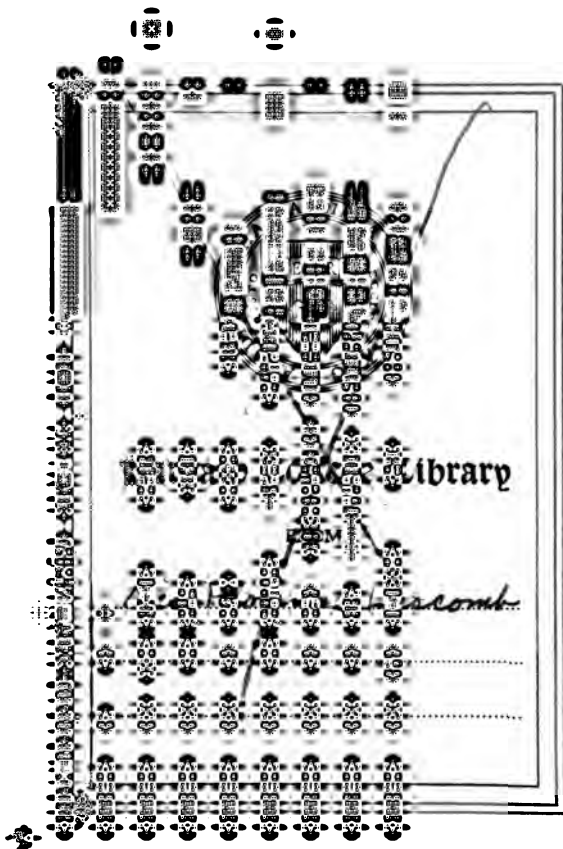
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# FOOD *for the* WORKER

THE FOOD VALUES AND COST  
OF A SERIES OF MENUS AND RECIPES  
FOR SEVEN WEEKS

BY  
FRANCES STERN  
AND  
GERTRUDE T. SPITZ

*WITH A FOREWORD BY*

LAFAYETTE B. MENDEL

*Professor of Physiological Chemistry in the Sheffield  
Scientific School of Yale University*



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*Miss Florence Luccombe*

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## AUTHORS' NOTE

The original purpose of this volume—to put into available form a series of balanced menus for the use of the visiting housekeeper—was fostered while one of us (F. S.) was associated with Mr. William H. Pear, of the Boston Provident Association. The belief of Dr. William P. Lucas, formerly of the Boston Dispensary, and now of the University of California, that such standardized menus should be supplied to outpatients, was a further incentive, so that eventually it became our aim to present in a simple general form a varied dietary of sufficient nutritious food at the lowest possible cost. Our dietary, as planned, presupposes skillful management or guidance, and has been necessarily limited in choice on account of the small amount of money that could be allowed for food. In order to satisfy the pleasures of the palate, there must be a larger income.

This volume is offered in the hope that it may be suggestive in working out the difficult problem of making ends meet. An adequate wage or income, however, is the only economic basis on which to meet the requirements of life.

To Miss Winifred Gibbs and other workers in social fields of home economics we feel a debt of obligation. Our thanks are due to Professor Mendel for his stimulating and friendly advice, to Dr. Neuton Stern for helpful criticism, and to Miss Alice Bradley, of Miss Farmer's School of Cookery, Boston, for reading the recipes. To many of the social service group, to members of our immediate families, to all those authorities whose publications we have freely consulted, and to others who prefer to remain unnamed, we make grateful acknowledgment.

But above all, from Ellen H. Richards, with whom we both have been associated, came the basic stimulus and inspiration which directed the thoughts and activities that made possible this little volume.



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## FOREWORD

In his "Familiar Letters on Chemistry," Liebig wrote more than half a century ago: "In choosing his food (when a choice is open to him) and in mixing the various articles of diet, man is guided by an unerring instinct, which rests on a law of nature.

"This law prescribes to man, as well as to animals, a proportion between the plastic and non-nitrogenous constituents of his whole diet, which is fixed within certain limits, within which it may vary, according to his mode of life and state of body. This proportion may, in opposition to the law of nature and instinct, be altered beyond these limits by necessity of compulsion; but this can never happen without endangering the health, and injuring the bodily and mental powers of man.

"It is the elevated mission of science to bring this law of nature home to our minds; it is her duty to show why man and animals require such an admixture in the constituents of their food for the support of the vital functions, and what the influences are which determine, in accordance with the natural law, changes in this admixture."<sup>1</sup>

The study of the science of nutrition has been vigorously prosecuted since the day when this statement was made. In recent years the scientific workers in the United States, in particular, have contributed largely to the increase in knowledge regarding the significant facts of metabolism and other factors essential to any adequate conception of the problems of diet. The fundamental basis for a rational approach to the food question, in its broadest aspects, is gradually being provided.

The persistent cultivation of science finds a reward as well as an incentive in successful application to the exigencies of every-day life. It has long been realized that man is not permitted everywhere to give free play to the supposed un-

<sup>1</sup>Von Liebig, Justus: *Familiar Letters on Chemistry in its relation to Physiology, Dietetics, Agriculture, Commerce, and Political Economy.* London. 1851. pp. 362, 363.

erring guide of instinct in matters of diet. Geographical and economic conditions place restrictions upon the food supply and range of choice; and experience has taught that both dietary insufficiencies and inefficiencies, with consequent failures of perfect nutrition, can arise even in the so-called nations of culture.

Among the poorer classes, and particularly where indigence and indifference go hand in hand, the effects of undernutrition are often clearly manifested. Not alone is the working capacity of the adults decreased, but the malnutrition of poverty is often the companion of more evident diseases. The children of the family, in particular, are likely to suffer from the consequences of improper feeding.

The physiology of nutrition at length takes cognizance of the total energy requirement; it recognizes the unique importance of the protein needs, though the quantitative aspects of this topic are still somewhat debated; it appreciates the essential demand for appropriate inorganic constituents—lime, iron, chlorides, etc.—in the diet; it understands the rôle played by the indigestible ingredients, the roughage of the ration; and it attempts to make allowance for those apparently significant though undefined food components which are vaguely classed as vitamins or food hormones—factors which promote nutrition and growth in ways yet to be clearly analyzed.

How to satisfy these varied needs and furnish the indispensable nutrients in a ration that shall be palatable, digestible, liberal in quantity, and still come within the purchasing power of the family, is an enormously important problem of applied nutrition. Where free selection is possible and abundant supplies are unrestricted, the management of the situation is not so serious. A liberal variety of foods furnished in abundance is likely, as a matter of chance, if not also of judgment, to afford a ration adequate in all respects; though even among the well-to-do, free choice is far from being a dependable indicator, particularly in the selection of the dietary of growing children,

where, for example, the bread-meat-potato-sugar and coffee type of meals may fail to provide lime and other special nutrients found in fresh green vegetables. But when the family income is restricted, the problem becomes more serious. How a typical family of five may live on ten or twelve dollars a week—this question includes the necessity of shelter and clothing, but above all, of food.

The authors of this book have contributed a timely attempt at a practical solution of the problem indicated. The more I have investigated the difficulties, under present-day conditions, of securing adequate nutrition at an average cost of twenty cents per day per person, for the families of small earning capacity, the more have I been impressed with the immediate helpfulness of such essays. It matters little whether these dietaries are acceptable in their entirety. The contribution of 147 menus carefully planned, with tested recipes which are the outcome of the direct experience of a visiting housekeeper under the conditions that prevail in a large American city, is a valuable effort in a somewhat novel direction. Only one who has actually attempted, with restricted funds, to purchase a variety of abundant, suitable, seasonable foods in the retail market can thoroughly appreciate the situation.

Graham Lusk has recently presented the difficulty as follows: "According to the German minimum allowance, an average family of five (father, mother, and three children) would require 11,400 calories in food daily. If the family's dietary were based proportionately upon that of the boys' school, it would cost as follows (table), provided its food supplies were purchased on Second Avenue, New York City:

TABLE

	Calories	Cost in cents
Total food .....	11400	
Bread .....	1500	5
Butter .....	1500	15
Milk .....	1500	16
Sugar .....	1500	4
	<hr/> 6000	<hr/> 40

"Forty cents will buy more than half the family's food requirement, at an average cost of 6 cents per thousand calories, instead of 14 cents, the average cost at the school. If \$25 is spent each month for food, 80 cents a day is available, or 7 cents for a thousand calories. The margin is narrow.

"It would be well if the family knew that more than half its food supply could be had for 40 cents a day, and that this bread, butter, milk, and sugar are of equal nutritive value to the best the country affords. The remaining 5,400 calories could then be bought at a cost of 7 cents per thousand. This sum will purchase most of the usual foodstuffs, with the exception of meat."<sup>1</sup>

The tested plans of the authors attempt to provide in a practical way for these situations that are arising everywhere. An inspection of their tables will indicate at once that there is no superfluity of food, no undue excess of calories suggested. Minimum conditions do not furnish maximum allowances. The suggestions must be judged in the light of the necessities clearly postulated by the authors. One might argue that the measure of protein is rather small, particularly for working and growing individuals. In the light of Gephart's recent observations on schoolboys, as well as the newer studies of DuBois on the basal metabolism of children, the food needs of active adolescent persons are apparently larger than is generally assumed. Intelligent application of certain provisions suggested in the text is expected to increase somewhat the purchasing power of the limited income and provide more food; and without some degree of intelligence on the part of the family in such a situation, the need of experienced advice is the greater. The authors have undertaken a useful task, with an intelligent appreciation of both its moment and its tentative limitations.

LAFAYETTE B. MENDEL.

SEPTEMBER, 1916.

<sup>1</sup>Lusk, G.: Food Economics, Journal Washington Academy Sciences. 1916, vi, 392.



## INTRODUCTION

How can sufficient nutritious food be supplied to the family at the lowest cost? **Problem**

This vital question constantly confronts physicians and social workers who are serving families struggling to sustain life on small incomes and limited training.

Our contribution towards answering the question is this series of menus, with food values and costs for a period of seven weeks. They serve as a working basis for the food supply of the family. No attempt has been made to discuss the economics of such conditions as transportation, storage, distribution, etc., which affect the cost of the food supply. The individual cannot control these influences; they need the study and action of the larger groups.

Five factors have been considered, separately and collectively, in planning these menus: **Factors**

1. Availability of data for practical purposes.
2. A series of menus and recipes, with the calculations of the food values and costs.
3. Variety of food and substitution of food values.
4. Cost *per se* and in relation to the income.
5. Instruction of the homemaker.

Since the reliable tables of Atwater and Bryant appeared, many data in reference to the subject have been published as a result of experiments by scientists in the government service, by universities, hospitals, and laboratories, by teachers in schools, and by social workers as a result of their experience. The material, however, was not in form available for practical use by those engaged in social service in the homes. To obtain this material required the gathering of many books and pamphlets, for there has not been brought together a series of menus covering several weeks, with food values, cost, and **Availability of Data**

determined amounts of food. We have compiled the requisite data, using as a groundwork the generally acknowledged standards of scientists and our knowledge gained through working in families of limited incomes.

### FOOD REQUIREMENTS

"The calorie-idea in nutrition," says Professor Mendel, "the outcome of an understanding of the transformation of energy in the living body, has been fruitful in more ways than one. It has taught people to think of the uses of food from a more rational standpoint, and has furnished an intelligible basis for constructive institutional dietetics as well as the nutrition of the individual. Food is beginning to be regarded as fuel for the human organism—something that must be provided in determinable amounts. Malnutrition and undernutrition have received a new popular significance in the discussion of human efficiency."<sup>1</sup>

#### Size of Family

The food supply has been estimated for an average family of five: man, woman, and three children, ranging from eight to sixteen years of age.

#### Scientific Standards

We have taken as our standard for the maintenance of such a normal family in health, the food requirements sanctioned by physiological chemists: 75 grams of protein,<sup>2</sup> 50 grams of fat, 400 to 500 grams of carbohydrates, yielding 2,500 calories per person per day—a total of 12,500 calories per day for five people. The protein is about 12 per cent of the total caloric intake, a sufficient amount according to Lusk. This basis of 12,500 calories per day, with 1,500 calories, or 375 grams, of protein, permits the dietary to be used for families of varying ages and occupations. The food requirements will increase or

#### Balance

<sup>1</sup>Mendel: *Changes in the Food Supply and Their Relation to Nutrition*. Yale University Press, New York. 1916. p. 49.

<sup>2</sup>"Where a low protein diet is desired, either for physiological or economical reasons, we would suggest an allowance of about 75 grams protein per man per day." Sherman: *Chemistry of Food and Nutrition*. Macmillan, New York. 1911. p. 228.

decrease from the norm of 2,500 calories, according to the age, sex, and activity of the individual, and consequently the cost will vary in proportion.

A family with children permits a larger amount for the man of the household than one of all adults. Our dietary would supply five women at moderate activity or four men at light muscular work, or it would furnish a widow with six children, ranging in ages from two to sixteen years, sufficient nutriment.

Tables compiled from various sources, according to age and activity, show the caloric intake to be as follows:

### CALORIC REQUIREMENTS OF CHILDHOOD, ADOLESCENCE, AND ADULT LIFE

TABLE 1

Age	Calories	Calculations from
1 year .....	950	Holt and Sherman
2 years .....	1100	
2 to 4 years .....	1300	
5 to 6 " .....	1400	
7 to 10 " .....	1500	Camerer
11 to 14 " .....	1600	
15 to 16 " .....	2100	
17 to 18 " .....	2250	

TABLE 2

Occupation	Calories	Calculations from
Clerk at desk .....	2250	Atwater and Bryant
Sales clerk, machinery watcher, house worker .....	2500	Lusk
Light muscular work .....	2800	Atwater and Bryant
Carpenter, mason .....	3200	Tigerstedt
Farmer .....	3500	Lusk
Excavator .....	4000	Tigerstedt

We might assume the family of five to be provided for as follows:

Man .....	3500	calories per day
Woman .....	2500	" " "
Boy (12 years) .....	2500	" " "
Girl (16 years) .....	2250	" " "
Child (8 years) .....	1750	" " "
Total .....	12500	" " "

In view of the recent investigations of DuBois and of Gephart that growing boys have a basal requirement above that of adults, we have arranged the above table so as to provide more food than the computations from Tables 1 and 2 demand. The figures are not arbitrary, and active, growing children must be provided sufficient nourishment. The tables serve, however, as a guide to the approximate number of calories required.

"It is not always necessary or wise to so plan the food that on each day of the week an exact proportion of the various constituents be maintained, but each week's total should be nearly the theoretical amount."<sup>1</sup>

Supplies must not only provide sufficient amounts for the bodily requirements of protein, fats, and carbohydrates, but allowance must be made to satisfy the desire for variety. It was said of a set of menus planned at a cost of \$4.61 per week, "that while it gives enough strength, it does not give enough variety to keep the family well for a long time."<sup>2</sup>

#### **Palatability**

One way of securing variety and zest in the food is by the use of flavors. In our menus, for instance, tomatoes are used abundantly for this purpose. While they are almost valueless for nourishment, they serve as an accessory to cheap foods of high food value but little flavor, making it possible to serve them in a palatable form.

#### **The Two Dollar Grocery Order**

From the foregoing tables of caloric requirements, it appears that it is quite impossible to provide sufficient and proper food for a family of five with the two dollars per week allowed for a "grocery order" by some relief agencies. Under the direction of the head of the Department of Household Economics, college students selected foods of the highest nutritive quality from the supplies permitted by such a grocery order. Food values were calculated and yielded only 1,891 calories per day per person, with 55 grams of protein; a total of 66,200 calories

<sup>1</sup>Richards: Dietary Computer. John Wiley & Sons, New York. 1902. p. 5.

<sup>2</sup>Gibbs: Lessons in the Proper Feeding of the Family. New York Association for Improving the Condition of the Poor, New York. 1911. p. 10.

per week for the whole family. A list of the foods shows that it is impossible to arrange an adequate dietary from such a narrow choice.

TWO DOLLAR GROCERY ORDER<sup>1</sup>

Material	Cost Dollars	Fuel Value Calories
18 lbs. flour .....	\$ .72	28900
2 qts. beans .....	.24	5900
1 pk. potatoes .....	.14	4600
2 lbs. corn meal .....	.06	3200
4 " oatmeal .....	.18	7200
1 " salt cod .....	.10	500
2 " salt pork .....	.20	7200
2 " sugar .....	.13	3600
1 qt. molasses .....	.07	4000
½ lb. cocoa .....	.12	1100
2 yeast cakes .....	.04	
Total .....	\$2.00	66200

In constructing the menus submitted, we first selected low-cost foods of high nutritive value, planned from them meals which would satisfy the palate and also fulfill the necessary requirements of a balanced menu, and then, last of all, computed the cost.

Method of  
Construction  
of Menus

Ash constituents, such as sulphur, phosphorus, calcium, iron, etc., are furnished in milk, eggs, whole grains, peas, beans, green vegetables, and fruits. These are included in the daily diet in sufficient amount to meet the physiological requirements.<sup>2</sup>

Ash

Roughage, or bulk, necessary for the action of the intestines, is secured by such vegetable material as the cellulose of cabbage,

Roughage

<sup>1</sup>This order was calculated by students at Simmons College, under Dr. Alice F. Blood. See pamphlet prepared under the auspices of the New England Home Economics Association, Boston, Mass. February, 1916. p. 3.

Graham Lusk, in a recent personal note, advocated the "arranging of 10,000 or 12,000 caloric baskets, purchasable at various prices, varying in contents daily throughout the week. Grocers could put them up for families. Delicacies could then be extra." The above grocery order yields only 9,457 calories per day for a family of five.

<sup>2</sup>Sherman: Chemistry of Food and Nutrition. Table of Ash Constituents of Foods in Percentage of the Edible Portion (compiled from various sources). Macmillan, New York. 1911. p. 332.

lettuce, spinach, tomatoes, beans and peas with their hulls, onions, cereals, fresh and dried fruits.

#### **Vitamines**

Besides the acknowledged food constituents discussed above, it is understood that there exists in food certain activating principles generally known as vitamins.

"There is a well-founded growing belief that an important part in nutrition is played by substances which are not identical with the familiar foodstuffs mentioned, and which, despite the minimal amounts thereof present in the diet, may nevertheless be indispensable for growth and the maintenance of life. They have been called 'accessory diet factors,' 'vitamines,' or 'food hormones.' We may conceive of them as stimulating certain physiological processes and as essential to certain functions."<sup>1</sup>

They have a peculiar usefulness and are quite as essential to the diet as the better known energy requirements. As some of them are impaired by heat and others are lost in the wastes of the modern technical processes of food manufacture, care must be taken not to substitute entirely canned or preserved fruits and vegetables for fresh products, or cereals produced by too refined a method. The varied diet, with fresh fruit, fresh vegetables, milk, eggs, meat, and whole grain, supplies this demand.

#### **Availability of Fresh Fruit and Vegetables at Different Seasons of the Year**

The vegetables prescribed in our dietary have been largely the winter variety or canned vegetables. We hope, however, that when the price is low, fresh vegetables will be used. For example, when  $2\frac{1}{2}$  pounds of fresh tomatoes can be purchased at the price of 1 can of tomatoes, the fresh vegetable should always be used. But if the price of the fresh tomatoes is higher, it will be impossible to use them and keep within the prescribed limits of cost. A similar principle should be applied to fruits. The dietary calls for much dried fruit, but when the price of fresh fruit supplies a like food value for the same amount of money, it should always be used by preference. A peck or

<sup>1</sup>Mendel: *Changes in the Food Supply and Their Relation to Nutrition*. Yale University Press. 1916. p. 49 ff.

12 pounds of fresh apples is equivalent in food value to 2 pounds of dried apples. When 4 quarts or 6 pounds of fresh apples can be purchased for the same price as 1 pound of dried apples, at 12 cents, the fresh fruit should be used instead of the dried.

We have used fresh apples in these menus, however, when they cost 20 cents for 4 quarts, believing at this price it was preferable to use fresh fruit for the additional advantages thus obtained for the diet.

### BREAD

Throughout the dietary, computations have been based on the use of baker's bread instead of homemade bread. This has been done for two reasons, the second of which is more important—and is a corollary of the first.

*First.* Many families buy baker's bread, and consequently our dietary could be more easily adjusted to the families until they were educated to bake bread in their homes.

**Reasons  
for Use  
of Baker's  
Bread**

*Second.* If our computations were based on homemade bread and the family actually used baker's bread, the total food values of the dietary would fall below the body requirements and the cost would be increased, because much of the baker's bread gives only half the food value of homemade bread, and therefore costs twice as much. By baking the bread at home, the required food value for the bread is surely obtained at half the expense of baker's bread.<sup>1</sup>

**Homemade  
Bread**

Where the flour is bought by the bag, the supply may give out during the week, perhaps ten days after the purchase. Frequently money is not available for a new supply until the next pay day, leaving a certain number of days when bakery products are purchased at an increased expenditure or at a comparatively lowered food value.

A recent experiment shows how a relief organization may obviate this difficulty. Usually the relief organization gives a certain amount either in actual groceries or money. The Boston

<sup>1</sup>Condit and Long: *How to Cook and Why*. Harper & Bros., New York and London. 1914. p. 44.

Provident Association, however, advanced to the grocer the money for half a barrel of flour and deducted from the regular amount given to the family for supplies the sum of 50 cents each week, which went towards the payment of the flour, thus insuring a continuous supply.

Although our dietary is figured on the basis of the use of baker's bread, for economic reasons we recommend the use of homemade bread, cakes, and cookies wherever this is possible.

**Butter  
Substitutes**

The composition of the fats varies from 83 per cent fat in oleomargarine to 100 per cent fat in lard and cottolene. Where our recipes and menus call for "oleo" or a butter substitute, we have taken the food value of butter (85 per cent fat), although the price quoted is that of the cheaper shortening. This has seemed a fair average analysis. The substitution of any other fat will hardly lessen the nutritive value of the dietary, although the use of butter itself will increase the cost considerably. These substitutes have approximately the same degree of digestibility as butter, though they lack the flavor. They are used throughout the recipes on account of the reduction in cost. The prices quoted are those for the best quality of oleomargarine at 24 cents for eating purposes, and any of the vegetable fats—corn or cottonseed—at 16 cents per pound for cooking. Suet and beef drippings have also been used for cooking.

### MILK FOR CHILDREN

**Necessity of  
Milk for  
Growing Child**

We have not attempted in our dietary to meet the varying requirements of children, as it is practically impossible to plan for the daily amount of milk which the growing child needs, and to adjust this amount of milk to our dietary without undue and confusing repetition of figures and tables. We recognize, however, the necessity of milk for the growing child, and believe if there is a young child in the family that milk must be provided. Such well-known authorities as Sherman and as Hunt advocate "a quart of milk a day" because of "its many advan-



tages as a 'tissue-building' and 'growth-promoting' food." After the child is two years old, according to Morse, it should "not take over a quart of milk daily. More than this is likely to take away its appetite for other food, which is more necessary for it." Miss Hunt states that this food can be given as a beverage, or served on cereals, or in the form of bread and milk. "It may also be served in soups, gravies, custards, junket, and other puddings, and may be used in the place of water in cooking cereals." We have not planned our menus for this child who requires a quart of milk daily, but if there is such a child in the family, he should have this kind of food. A quart of milk yields 695 calories at a cost of 10 cents per quart. The food requirements of a child four to six years old are 1,400 calories. Besides the food value furnished by this quart of milk, he must have 705 calories of additional food. As our dietary provides food at the approximate cost of 0.8 of a cent per calorie, the child's dietary consisting of milk and other food will cost about 16 cents per day.

It is interesting to note how, by attention to details, it is possible to arrange our dietary in such a way that two-thirds of a quart of milk a day can be provided for one child in our family of five without additional cost. Our menus give coffee every day and tea about five times a week. If there are children in the family and only the two adults drink coffee, the cost saved per week on this beverage by the other three members of a family of five is approximately 2.1 cents per day, or 15 cents per week ( $.7 \times 3 \times 7 = 14.7$ ). This money will purchase 3 pints of milk per week.

**Disuse of  
Coffee and  
Tea Saves  
Money for  
Milk**

The cost saved on the milk and sugar used in this amount of coffee is approximately 9 cents per week ( $.42 \times 3 \times 7 = 8.82$ ). This money will purchase approximately 2 pints of milk per week.

Sufficient money is therefore released, if three members of the family do not take coffee, milk and sugar, to purchase 5 pints of milk per week, a total of 10 eight-ounce glasses of

milk, or  $1\frac{1}{2}$  glasses a day, for any child requiring it. [One quart of milk furnishes 695 calories, or 175 calories for each eight-ounce glass. As it is impracticable to serve, at the table, a glass brimful of fluid, we have assumed that a glass of milk as ordinarily served contains only 158 calories (220 grams), or that each quart of milk provides about  $4\frac{1}{2}$  of these glasses.]

The amount saved by not using tea in the projected dietary is not so large as that saved by the omission of coffee, but it is nevertheless sufficient to aid in the purchase of additional milk. Tea is served for supper on an average of five times a week at a cost of .13 cents a cup. If only the parents drink it, the saving on the other three members of the family will be 1.95 cents ( $.13 \times 3 \times 5$ ) for tea. For milk and sugar it will be 6.30 ( $.42 \times 3 \times 5$ ), or a total of 8 cents per week saved on tea, milk and sugar ( $1.95 + 6.30 = 8.25$ ). This will purchase  $1\frac{1}{2}$  pints of milk per week, or about  $\frac{1}{2}$  glass per day.

Disuse of  
Tea and  
Coffee  
Allows  
Substitution  
of 2 Glasses  
of Milk

The amount of money released by the three members of the family not using tea and coffee and their accessories is 31 cents per week ( $14.70 + 8.25 = 31.77$ ), enough money to purchase 3 quarts of milk per week at 10 cents a quart. This furnishes approximately 2 glasses per day for drinking purposes.

If these three younger members of the family do not drink coffee or tea, and consequently do not use the milk and sugar served with these beverages, they are not receiving as much food as is supplied in our menus. The young child, however, who is drinking the two additional glasses of milk will not require the main dinner dish. This can be divided between the two older children not taking any beverage, and the balance for all will be maintained.

Milk on  
Cereal and in  
Cooked Food  
Furnishes  
1 Glass

Our dietary allows  $\frac{1}{4}$  of a glass of milk for the breakfast cereal for each person, and an average of  $\frac{1}{4}$  of a glass for the preparation of food per day per person. In other words, a little less than 2 quarts of milk are used for each person each week in the menus as arranged.

The 3 quarts of milk that can be purchased per week by the money released from tea, coffee, and accessories, together with the 2 quarts provided in the dietary, make available for the young child 5 quarts of milk per week. This allows him an average of 3 glasses per day as beverage or in the food.

### PLAN OF MENUS

The danger of giving definite menus, said Ellen H. Richards, is that the whole is often relegated to the dump heap if a part is refused. However, these menus as submitted are intended to be guides rather than fixed diets, though they may be used as such.

The day's menus are planned as follows:

**Breakfast** consists of 1 portion of cereal, with 4 tablespoonsful of milk and 3 teaspoonsful of sugar; 2 slices,  $\frac{3}{4}$ -inch thick, of bread, with 1 teaspoonful of "oleo" for each slice; 1 cup of coffee, with 2 tablespoonsful of milk and 2 teaspoonsful of sugar.

**Plan of  
Menus**

**Dinner** consists of a nutritive thick soup, or meat, or meat substitute (which is a dish of the equivalent protein values, as in macaroni and cheese); some starchy vegetable or bread; usually a green vegetable or salad; a pudding or other dessert.

**Lunch or Supper** consists of stewed fruit or jelly; cake, bread and "oleo," and a beverage. (A discussion of lunch for the man will be found on page 19.)

The complete dietary in this book gives 49 days' menus, covering a period of 7 weeks, and the menus are so arranged that no two days are the same. The food values for each chemical component of the food and the total caloric values are given for each day, so that the totals of one day may be easily compared with those of another, and one day's diet may be substituted for another. Such an arrangement for substituting one whole day's menu for another, without disturbance of food values, is of great importance, inasmuch as it provides for personal tastes and distastes—psychological factors that must be reckoned with. Substitution of single dishes is more diffi-

**Seven  
Weeks'  
Menus, with  
Caloric Values  
for Each Day**

cult, for, except in certain cases where the chemical and caloric values of the two dishes are approximately the same, the balance and totals for the day are likely to be disturbed.

**Allows  
Substitution  
of One Dish  
for Another**

There is no reason, however, why free substitution of one dish for another should not be made—provided that the food values are recalculated and any deficiency supplied. The one essential for satisfactory substitution is that the weekly totals for protein and calories must average at or above the normal requirements of 75 grams of protein and 2,500 calories per person per day. If the totals of fat and carbohydrates average less than the standards of 50 grams and 400–500 grams, respectively, per person per day, the deficiency, if not too great, may be made up by the use of extra “oleo” and extra sugar in raw or cooked form, at a small additional cost.

**Variety**

To obviate monotony in the diet, the same dinner dish does not occur in the same week or the same day of other weeks. This does not mean, however, that if a particular dish is desired it should not be used repeatedly, as the traditional fish on Friday and baked beans on Saturday.

**Choice**

The choice of foods which would allow variety is limited by the low cost of the dietary.

**Place of  
Meat in the  
Dietary**

Meat is the most expensive item in the food budget, but it has these advantages, that it satisfies the palate, is easily cooked, and meets the needs of the protein requirements. These qualities balance its high cost, and if the price is not excessive, that is, out of proportion to the other foods, its use is advisable. We have spent for meat about one-seventh of the total amount expended for supplies. Many families spend one-third, which is too large a proportion. Sherman says that “when one-sixth instead of one-third of the total expenditure for food is for meat, the dietary is usually both more economical and better balanced.”<sup>1</sup> By decreasing the expenditure for meats, vegetables and fruits may be used more freely.

<sup>1</sup>Sherman: *Food Products*. Macmillan, New York, 1915. *Place of Meat in the Diet*, p. 212. *Composition of Legumes*, p. 312. *The Place of Fruits and Vegetables in the Diet*, p. 346.

A method by which a small amount of meat may serve to give variety is indicated by employing the principle of the "extension of flavor,"<sup>1</sup> combining the meat with the less expensive foodstuffs, such as rice, macaroni, and potatoes, in scalloped meat (Recipes Nos. 72 and 76) or meat pies (Recipes Nos. 74 and 75).

**Extension  
of Meat  
Flavor**

Meat for dinner is often replaced entirely by other protein bearing dishes. The legumes are of high protein content, and most of them show a high percentage of carbohydrates and in general are of higher food value than meat.

**Legumes as  
Protein  
Food**

Nuts also contain a large percentage of protein and can be used in combination with other foods—most advantageously with bread, crackers, fruit, vegetables, milk—but they should form a part of the diet and not supplement a meal. They have not been used in this dietary except as peanut candy for dessert, though they can be used as a meat substitute in the form of a "nut loaf." There is no economy, however, as the cost will be equal to that of a meat dish. Peanut butter, which may be used for supper or luncheon on bread, costs per ounce 2.5 cents in package, .8 cent in bulk, giving 167 calories, with 9 grams of protein.

**Nuts as  
Protein  
Food**

The meals are of the kinds that are served in American homes. In one series of menus it would be impossible to meet the desires and tastes of all nationalities, but these can be met if time is taken to figure out the food value of the "foreign" dish. The foodstuffs are practically the same as those that enter into our recipes, and their food values may be obtained from our recipes. They may then be substituted according to the method outlined above.

**Food and  
Nationality**

For example, the ingredients meat, macaroni or rice, and vegetables would probably be utilized as follows by housewives of varying nationalities:

An American housewife would serve from them a scalloped meat pie, with macaroni and the vegetable as a side dish.

<sup>1</sup>Langworthy and Hunt: Economical Use of Meat in the Home. Farmers' Bulletin No. 391, U. S. Dept. of Agriculture, Washington, D. C., 1910.

The Jewish housewife would first use the meat to make soup stock, and then braise the meat with onions, bay leaves, garlic, and tomatoes. Noodles instead of macaroni would be put into the soup, and the vegetables would be cooked either with the soup or with the meat, adding to the flavor of the latter.

The Italian housewife would cook the ingredients in about the same way, using the vegetables in the soup and adding a dash of cheese. The meat would be made into cakes with some of the vegetables, well seasoned with peppers, onions, herbs, and spices, to make up for the extractives lost in cooking. These cakes might be cooked again in the broth.

In planning for the Orthodox Jews, the dietary laws must be considered. The milk desserts for dinner should be interchanged with the fruit sauces for supper if the main dinner dish is meat. The use of a vegetable fat for shortening in the other desserts would make them allowable with the meat, and if milk is a required ingredient, water could replace it. Butter should be served instead of "oleo" on the bread, and in the cooking the "oleo" should be replaced by a vegetable fat, as its use on account of its ingredients would be prohibited by the Mosaic dietary laws. "The raw materials used in the manufacture of oleomargarine are 'oleo oil,' which is mainly the olein of beef fat, neutral lard, and cottonseed oil, together with smaller amounts of butter and cream or milk."<sup>1</sup> Any loss from substitution can readily be adjusted, as the difference in food values is so slight.

"In each land there are half a dozen foods which may be substituted for as many known by different names in other lands. Food synonyms, they might be termed."<sup>2</sup> Some of the typical dishes of different nationalities that approximate each other are:

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<sup>1</sup>Woodman: Food Analysis. McGraw Hill Book Co., New York. 1915. p. 214.

<sup>2</sup>Richards: The Cost of Foods. A Study in Diets. John Wiley & Sons, New York. 1908. p. 91.

# PLAN OF MENUS

19

American	Italian	Jewish or German
Vegetable soup	Minestrone	Gemüsesuppe
Lentil soup	Brodo di Lenticchie	Linsensuppe
Cereal soup	Minestra	Griesmehlsuppe
Fish chowder	Zuppa di Merluzzo	Milchige Fisch
Rice and cheese	Riso in Bianco	Nudeln und Käse
Macaroni	Maccheroni	Nudeln
Indian meal	Polenta	. . . . .
Stuffed fish	. . . . .	Gefülte Fisch
Scalloped meat, macaroni, and tomatoes	Maccheroni al sugo di Carne	Gehacktes Fleisch und Nudeln
Creamed onions	Onions "alla Parmegiana"	. . . . .
Braised stuffed meat, with vegetables	Polpettone "alla Napolitana"	Eingedämpfte Fleisch und Gemüse
Meat balls with rice	Risotto "alla Nostrale"	Fricadellen
Spinach	Verdura bollita	Spinat
Baked beans	Fagino	Graupen und Erbsen
Vegetable salad	Insalata "alla Macedoine"	Italienische Salat
Prune loaf	. . . . .	Dampfnudeln und gekochte Swetzchen
Griddle cakes	Fritelli	Pfannkuchen
Apple pudding	. . . . .	Aepfelcharlotte
Gingerbread	. . . . .	Lebkuchen
Apple sauce	Frutta cotta	Aepfelbrei

The man usually eats lunch away from home. The dinner, if served to the family in the middle of the day, may be kept for him and warmed over, or a portion may be kept out to be cooked, if it is a "quick" dish; or the noon dinner may be changed to an evening meal for the family. The man's lunch will consist of about the same food as the supper: fruit, cake, bread and "oleo," and a hot drink. This will meet the proper food requirements, but it may not satisfy him unless he has for his bread some filling to make a sandwich of meat, cheese, eggs, peanut butter, sardines, or baked beans. If the slice of bread, weighing 75 grams, is too thick ( $\frac{3}{4}$  of an inch) to make attractive sandwiches, it may be cut half as thick. This means one sandwich for one slice of bread and two sandwiches where two slices are given in the menu. As the man will want at

**Man's  
Lunch**

**Sandwiches**

least two sandwiches, unless two slices of bread are served for supper in our menu, he will require extra bread at a cost of .0115 cents. If homemade bread is used instead of baker's bread, enough money will be saved on the total dietary to include not only this sandwich bread, but the sandwich filling as well. If meat is used for the filling, an extra amount may be bought for the dinner the day before (about  $\frac{1}{4}$  of a pound) at an additional cost of about 5 cents, and this will provide an extra serving to be utilized for the sandwich. Chopped meat as well as the roast furnishes a good sandwich filling, and cold fish, if mixed with boiled dressing, is occasionally relished. If filling for sandwiches is bought, the additional cost will vary approximately from 2 to 5 cents.

**SUPPLIES**

The cost of weekly supplies is influenced by the methods of purchasing, by the care and preparation of the food, and by the variety needed. The cost will vary somewhat with year, season, and place.

**Methods of  
Purchasing**

The personal factor operates largely, and skill in purchasing depends upon the managing ability of the homemaker. It is quite possible for her to take advantage of sales, to judge the best piece of meat for her purpose, to get all the trimmings, and even the extra pieces of fat and bone, as is the custom in some shops. It is advisable to buy staple goods in larger amounts, if a saving in time or money is thereby accomplished and she has space for storage.

**Buy by  
the  
Pound**

The supplies have been planned so that a fraction of a pound of any food material—the price being in odd cents—will not have to be purchased at a loss of a cent. This obviates the practice of spending 5 cents for half a pound of an article costing 9 cents per pound, or of sending to the store for 3 cents' worth of tea, or 5 cents' worth of butter, or 10 cents' worth of meat. We consider it advisable to buy flour by the barrel if space permits (or half barrel, because of the less space it occu-



pies) instead of by the bag, for the reasons stated in the discussion of Bread (p. 11). Under no circumstances should flour be purchased by the pound, as its cost is increased very markedly—as much as 1 cent per pound. A striking example of the increased cost of articles purchased in small amounts is illustrated by molasses, which sells for 14 cents if bought by the quart. A gallon, however, can be purchased for 43 cents—a saving of 13 cents—almost enough for another quart.

The initial cost of food that must be bought in package, that is used only at intervals and lasts over a long period, increases the weekly amount expended out of proportion to the actual consumption of the food for that week. Junket, for example, is used in our menus twice during the seven weeks, requiring only two of the ten tablets purchased. Spices bought by the  $\frac{1}{4}$  pound will be sufficient for several months.

Our purchases have been made at the lowest cost of an article at the large grocers' or "chain stores." It is possible that a small local store would charge a cent or two more. We have always purchased a good grade; for example, a cream of tartar baking powder at 21 cents a half pound, while it is possible to purchase a half pound (not cream of tartar) for 10 cents.

The cost of the dietary is increased by some of the package cereals, such as farina, cream of wheat, and shredded wheat. To keep the dietary at the lowest cost, only those cereals that can be bought in bulk should be used, such as corn meal, rolled oats, hominy, and cracked wheat; but care should be taken that these are bought in clean and reliable stores. Our experience has shown that to establish the cereal habit in families one has often to allow, at least for the period of education, the use of those cereals preferred by the family, even if they are more expensive. Some of the menus were planned with this thought in mind.

**Package  
Cereals**

The homemaker must have enough skill to avoid waste of food by poor preparation, in order to keep the expenditures

**Preparation**

food, milk, etc., to improve his vegetable diet; he wants simply meat, not because he needs it, but because for him it is a matter of pride to follow as best he can the other classes in his diet. The difficulty is that the cost of meat is considerably higher than in the country."

The traditional dietary of the foreigner must be carefully analyzed to retain its good points as well as to show its shortcomings. The new one must present these deficiencies corrected, with evident improvement upon the old one.

**Food  
Record**

Menus and recipes may be copied for the untrained housewife without the statement of the food values. We have found the practice of giving a few recipes at a time has proved successful, as the homemaker is usually interested in the particular food or recipe being considered, not in the study of a whole bookful. It is well to keep some kind of a food record, so that the family can submit each week's consumption of food to the dispensary or elsewhere. The woman's offhand narrative is usually not dependable. While some regular form of record is advisable, it is not necessary, a penny notebook sufficing.

As previously stated, these menus are to serve only as guides. The value of the publication of the computations with which to work lies in their use as a basis for the special needs of each worker, saving her much time and labor.

The relief organization, by coöperation with the medical agencies, often makes possible the raising of the standards of living, for poverty and disease are closely allied. Families needing assistance often have depleted incomes, due to sickness as well as to various other causes. A budget must be planned if intelligent work is to follow for the rehabilitation of the family.

**Food  
Budget**

These menus can serve as a basis to determine the amount of relief needed for food, increasing the cost per person according to the size of the family.

"The problem of the food supply is not one which can be dismissed by the social philosopher or solved by the calculations of the economist. It is highly complex with its involvement of factors and interests in agriculture, commerce, industry, and

nutrition. Here, as in other domains, there is opportunity for an interplay of science and the arts, of experience and investigation. To attempt to foretell the future seems more like an act of ill-considered rashness than a keen intellectual venture. The truth can only be approached scientifically. We are beginning to learn what real food values mean. There is as yet no ideal ration. The 'world-menu' is not in sight."<sup>1</sup>

### VALUES FOR COOKED FOODS

Each one of the recipes used in these menus has been carefully analyzed, each ingredient measured and weighed separately, and the food values calculated in the manner to be described. The food has then been cooked and eaten, so that we may say that each recipe has been "tried and tested." The cooked food has also been weighed and the values of the separate ingredients added together to give the total food value of the whole recipe. A portion such as would be eaten at the family table has then been measured out in a common measure, weighed, and its value estimated. This portion we have called "1 serving." Hence we have presented an analysis of cooked foods rather than of raw foodstuffs, in order to determine the actual value and cost of the food as it is served at the table.

**Recipes  
"Tried and  
Tested"**

For the convenience of the housewife and of any who may wish to cook the foods, the recipes are given with the measures expressed in the usual terms of cups, tablespoons, and teaspoons as well as by weight. The weight of a cup of a dry ingredient, such as sugar, flour, and fat, varies according to the amount of moisture and the manner in which the material is packed in the utensil. After many weighings, the standard accepted was:

**Measures in  
Common Use**

#### STANDARD MEASURES

1 cup of sugar	200 grams
1 cup of flour	114 "
1 tablespoon of "oleo"	12 "

**Our  
Standard  
Measures**

and in each recipe the weight used per cup and per tablespoon corresponds to the above standard.

<sup>1</sup>Mendel: Changes in the Food Supply and Their Relation to Nutrition. Yale University Press, New York. 1915. p. 59.

This method was employed with all the materials, as it is only by the use of definite and uniform amounts that food values can be calculated. The cooking by measure, however, approximates these amounts, so that our estimates may be used without too great a discrepancy.

**Level  
Measurements**

All the ingredients used in cooking are measured level.

**Edible  
Portion**

The vegetables, fruits, and nuts are calculated for the edible portion unless otherwise implied in the directions for cooking. In purchasing supplies, allowance has been made for this necessary refuse, or inedible matter, which cannot be used at the table. Bulletin 28, Office of Experiment Stations, United States De-

**Waste**

partment of Agriculture, gives the percentage of refuse of the common articles of food, and this waste must be considered in the cost.

**Supplies**

The weights in grams, as given in the recipes, have been converted into the common terms of pounds and ounces in the "supply sheet," in order to simplify the purchase of materials. This introduces a slight change in the total amounts purchased. An ounce is 28.35 grams, roughly 30 grams; a pound is the equivalent of 453.6 grams, approximately 450 grams.

**Unit of  
Measure**

The gram has been employed as the unit of measure in all the menus and recipes, since its use facilitates the extensive calculations that are necessary in computing food values. Because the tables of Atwater and Bryant in Bulletin 28 are based on percentage composition, the use of the metric system is simpler than the ordinary system of ounces and pounds.

**Method of  
Calculation**

As it is almost impossible to estimate with such minute accuracy an average of the chemical analyses of the various food elements, decimal places are not used in calculating the weight of the food constituents. They are, however, used in calculating the calories (4.1 for each gram of protein and carbohydrate, and 9.3 for each gram of fat).<sup>1</sup> They are dis-

<sup>1</sup>The whole numbers 4 and 9 are often used as the calorie yield of 1 gram of protein, carbohydrate, and fat. For a discussion of the calorie see Sherman: *Chemistry of Food and Nutrition*. Macmillan Co., New York. 1911. Chap. V, p. 118 ff.

regarded in the final result—calories per serving—so that there is apt to be some insignificant variation in the total calories, as expressed in our tables, from those of Atwater and Bryant, expressed in value per pound.

In order to calculate the food value of a given recipe, each ingredient has to be weighed, and the weight of the constituent protein, fat, and carbohydrate estimated from the tables of percentage composition given in Bulletin 28. For example, 1 measuring cupful of milk weighs 244 grams. The chemical composition of milk, omitting water and ash, is, by

**Composition  
by Weight  
of Foodstuffs**

#### PERCENTAGE COMPOSITION

Protein	3.3	per cent
Fat	4.0	" "
Carbohydrate	5.0	" "

The weights in grams, therefore, of these food constituents in 1 cupful of milk are:

Protein	$244 \times .033 = 8.05$	<i>i. e.</i> , 8 grams
Fat	$244 \times .04 = 9.76$	" 10 "
Carbohydrate	$244 \times .05 = 12.20$	" 12 "

#### CALORIE YIELD

Since 1 gram of protein yields 4.1 calories, 1 gram of fat 9.3 calories, and 1 gram of carbohydrate 4.1 calories, the fuel value of 1 cupful of milk in terms of calories for each of the food constituents is:

Protein	$8 \times 4.1 = 32.8$	calories
Fat	$10 \times 9.3 = 93.0$	"
Carbohydrate	$12 \times 4.1 = 49.2$	"
Total fuel value	175.0	"

Using this method with an entire recipe, Number 44, we proceed as follows:

**Analysis  
of a Recipe**

#### Baked Custard

3 cups milk	$\frac{3}{8}$ cup sugar
3 eggs	Pinch salt

Grated nutmeg

As in the case of the milk, we first weigh each ingredient composing the recipe, and then, consulting Bulletin 28 for the percentage composition, compute the weight in grams.

## WEIGHT IN GRAMS

Material	Meas.	Weight Grams	Protein Grams Wt. × %	Fat Grams Wt. × %	Carbohydrate Grams Wt. × %
Milk	3 C.	732	$732 \times .033 = 24$	$732 \times .04 = 29$	$732 \times .05 = 37$
Eggs	3	150	$150 \times .134 = 20$	$150 \times .105 = 16$	—
Sugar	$\frac{1}{2}$ C.	75	—	—	$75 \times 1.00 = 75$
Total		957	44	45	112

Having ascertained the weight of the food constituents, we find the food value as follows:

## CALORIES

Material	Protein Calories Wt. × 4.1	Fat Calories Wt. × 9.3	Carbohydrate Calories Wt. × 4.1	Total Calories
Milk . . . .	$24 \times 4.1 = 98$	$29 \times 9.3 = 270$	$37 \times 4.1 = 152$	520
Eggs . . . .	$20 \times 4.1 = 82$	$16 \times 9.3 = 149$	—	231
Sugar . . .	—	—	$75 \times 4.1 = 308$	308
Total	180	419	460	1059

Loss of  
Weight in  
Cooking

These figures represent the total food value of the ingredients of a baked custard, the weight in grams of the food constituents, and the number of calories of protein, fat, and carbohydrates. After cooking, however, the total weight of the dish changes; instead of 957 grams, it weighs only 804 grams. We find that with cooking there is a loss in weight, due to the evaporation of water, which makes a smaller quantity available for serving, but there is no appreciable loss in food value.

An ordinary helping of this baked custard, expressed in terms of common measure, is 2 heaping tablespoonsful (2 h. T.) and weighs on an average 134 grams. The custard will therefore serve six people with one portion apiece.

## NO. 44—CUSTARD

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbohydrate Grams	Calories
Cooked . . . . .	12 h. T.	804	44	45	112	1059
1 Serving . . . .	2 h. T.	134	7	8	19	
Calories per serving . . . .			29 (7 × 4.1)	74 (8 × 9.3)	78 (19 × 4.1)	181

These recipes have been taken from standard cookbooks. The average amount that would be served to a person at the table has been considered the standard, and from that portion the weight was taken for "1 Serving." As the weight, composition, food value, and cost of "1 Serving" is always computed, it was considered advisable to keep the recipe as given in the cookbook, even though it might serve more than the number in the family of five that was arbitrarily chosen as a basis for these computations.

**Standard  
Serving**

If this same recipe is to be used for a different number of people, the ingredients remaining the same, a larger or smaller portion by weight must be served with a proportionate change of food value and cost per person.

**Substitution**

If it is desirable, for any reason whatever, to alter this recipe, a knowledge of the components as analyzed in the recipe allows substitution or addition. If the quantity of milk or eggs is increased, or a caramel or chocolate custard prepared by adding the necessary sugar or cocoa, the above calculations will serve as a framework for further computations.

As there is also a cost column in our recipes, it will be possible in some instances to substitute a cheaper for a more expensive foodstuff of the same food value, and to compute the price for the amount of each ingredient used. "Shredded wheat" may be omitted for breakfast, for example, and cracked wheat put in its place, at a saving of over 1 cent per person; or gingerbread may take the place of corn bread, at a slightly lower cost with a higher total food value, the amount of protein and fat being the same. If the housekeeper must reduce her expenses, she can interchange two foods whose food values approximate each other and whose cost differ, and thus lessen her expenditure.

## CONVERSION TABLES

GRAMS TO OUNCES<sup>1</sup>

Grams	Ounces	Grams	Ounces
1	0.035	70	2.467
2	0.071	80	2.822
3	0.106	90	3.174
4	0.141	100	3.527
5	0.176	113	4
6	0.212	200	7
7	0.247	227	8
8	0.283	250	8.8
9	0.317	300	10.5
10	0.353	400	14
20	0.705	453.6	16
30	1.058	500	17.6
40	1.411	907	32
50	1.764	1000	35.2
60	2.116		

## OUNCES TO GRAMS

Ounces	Grams	Ounces	Grams
1	28.35	9	255.15
2	56.70	10	283.50
3	85.05	11	311.84
4	113.40	12	340.20
5	141.75	13	368.54
6	170.10	14	396.90
7	198.45	15	425.25
8	226.80	16	453.60

## POUNDS TO GRAMS

Pounds	Grams	Pounds	Grams
1	453.6	3	1361
2	907	4	1814
2.2	1000	5	2267

## ABBREVIATIONS

b	bottle	lb	pound
C	cup	oz	ounce
cn	can	pkg	package
d	diameter	pt	pint
dz	dozen	qt	quart
gl	glass	sl	slice
h	heaping	sq	square
in	inch	T	tablespoon
l	loaf	t	teaspoon
		*	trace

<sup>1</sup>Adapted from Rose: A Laboratory Handbook for Dietetics. Macmillan, New York. 1912. pp. 73, 74.



# MENUS WITH CALCULATIONS

31

1st Week		MONDAY					1st Day	
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
Breakfast								
24	Rolled oats .....	1 C.	250	6	3	23	147	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
Dinner								
72	Meat balls with rice	2	210	31	14	24	355	6.00
110	Boiled onions .....	2	170	4	1	20	98	.82
90	White sauce .....	4 T.	80	4	10	8	142	1.30
	Bread .....	1 sl.	75	7	1	40	202	1.15
34	Apple Betty .....	2 h. T.	155	5	5	44	248	2.50
Supper								
64	Prune sauce .....	5	125	1	—	34	143	1.07
9	Gingerbread .....	1 sl.	75	5	5	52	281	.90
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		12	1	1	14	70	.42
TOTAL .....				88	56	408	2543	20.51
Total Calories ...				361	521	1673	2555	
Man's Lunch (add'l)								
	Peanut butter filling for 2 sl. bread	4 T.	72	21	33	12	442	2.00

1st Week		TUESDAY					2d Day	
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
Breakfast								
2 121-d	Shredded wheat ...	2 biscuits	58	6	1	45	219	2.00
	Coffee .....	1 C.	250	—	—	—	—	.70
	Constants .....		273	17	12	109	627	3.86
Dinner								
97	Split pea soup .....	1 C.	245	17	4	42	279	1.10
114	Scalloped potatoes..	2 h. T.	93	7	7	36	242	1.82
	Bread .....	1 sl.	75	7	1	40	202	1.15
49	Prune jelly .....	2 h. T.	200	4	—	60	262	2.86
Supper								
58	Apple sauce .....	3 h. T.	125	*	1	31	136	1.50
5	Corn bread .....	2 gems	120	10	10	64	398	2.40
	Oleo .....	2 t.	8	*	6	—	65	.42
	Milk .....	1 glass	220	7	9	11	158	2.30
TOTAL .....				75	51	438	2588	20.11
Total Calories ...				308	474	1796	2578	
Man's Lunch (add'l)								
	Meat Loaf .....	1 sl.	104	21	11	5	209	4.15

## FOOD FOR THE WORKER

1st Week		WEDNESDAY					3d Day	
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbohydrate Grams	Calories	Cost in Cents
Breakfast								
20	Farina .....	1 C.	250	5	1	34	169	.50
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
Dinner								
105	Stewed beans and tomato sauce.....	1 C.	257	16	5	44	293	2.11
	Bread.....	1 sl.	75	7	1	40	202	1.15
48	Junket .....	$\frac{1}{2}$ C.	126	4	5	10	104	1.17
Supper								
29	Rice.....	1 C.	200	4	*	40	180	1.00
84	Syrup.....	2 T.	36	—	—	57	234	.70
	Bread and oleo....	2 sl.	158	14	9	80	469	2.72
1	Cocoa.....	1 C.	230	5	6	12	126	1.70
TOTAL.....				72	39	426	2404	15.61
Total Calories ...				295	363	1747	2405	
Man's Lunch (add'l)								
	Bread and oleo..	1 sl.	79	7	4	40	230	1.36
	Cheese filling for 2 sl. bread .....	2 sl.	113	32	40	*	504	5.00
	(2 $\frac{1}{2}$ " x 2 $\frac{1}{2}$ " x $\frac{1}{2}$ " )							

1st Week		THURSDAY					4th Day	
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
Breakfast								
2 121-d	Shredded wheat ...	2 biscuits	58	6	1	45	219	2.00
	Coffee .....	1 C.	250	—	—	—	—	.70
	Constants .....		273	17	12	109	627	8.00
Dinner								
77	Beef stew .....	1 C.	235	36	46	28	691	8.00
60	Bread.....	1 sl.	75	7	1	40	202	1.15
	Baked apple .....	2	270	2	2	52	240	2.42
Supper								
13	Oat wafers .....	5	50	5	8	33	230	.74
65	Rhubarb sauce ....	2 h. T.	90	*	1	36	157	.91
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar.....		42	1	1	14	70	.42
TOTAL.....				74	72	357	2436	24.47
Total Calories ...				303	670	1464	2437	
Man's Lunch (add'l)								
Sardine filling for 2 sl. bread.....		4 sardines	46	11	9	—	129	5.00

# MENUS WITH CALCULATIONS

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1st Week		FRIDAY				5th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
19	Cream of wheat...	1 C.	250	5	1	33	165	.80
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
93	Farina soup .....	1½ C.	333	13	12	31	292	3.06
	Bread.....	1 sl.	75	7	1	40	202	1.15
116	Scalloped tomatoes	½ C.	117	3	4	11	94	1.40
45	Fruit pudding .....	2 sl.	160	10	18	88	569	2.21
87	Hard sauce .....	1 h. T.	19	*	5	13	99	.70
<b>Supper</b>								
5	Corn bread .....	2 gems	120	10	10	64	398	2.40
1	Cocoa.....	1 C.	230	5	6	12	126	1.70
62	Baked banana .....	1	100	1	1	32	144	1.38
TOTAL.....				71	70	433	2716	19.36
Total Calories ...				291	651	1775	2717	

Man's Lunch (add'l)								
	Egg filling for 2sl. bread.....	2 eggs	100	14	10	—	152	5.00
	Oleo for 2 sl. bread.....	2 t.	8	*	7	—	65	.42

1st Week		SATURDAY				6th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
22	Corn meal .....	1 C.	257	4	1	35	169	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
98	Baked beans .....	1 C.	185	19	9	47	355	2.22
	Bread.....	2 sl.	150	14	2	80	404	2.30
35	Dutch apple cake...	1 sl.	111	7	8	47	296	2.46
88	Lemon sauce .....	2 T.	32	*	1	11	54	.24
<b>Supper</b>								
118	Cream toast .....	1 sl.	148	11	11	49	348	2.46
	Sliced banana and Sugar.....	2 t.	100	1	1	22	103	1.25
			8	—	—	8	33	
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar....		42	1	1	14	70	.42
TOTAL.....				74	46	422	2459	16.34
Total Calories ...				303	428	1730	2461	

Man's Lunch (add'l)								
	Frankfurters (as purchased) .....	2 sau'ges	140	27	26	2	361	5.60

## FOOD FOR THE WORKER

1st Week		SUNDAY				7th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
18	Cracked wheat ....	1 C.	246	6	1	40	198	.60
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
70	Roast lamb (fore-quarter).....	1 sl. with-out bone	90	20	27	—	333	11.00
	Bread.....	1 sl.	75	7	1	40	202	1.15
106	Beets.....	1	200	5	*	15	83	1.25
113	Potato, boiled.....	1	150	4	*	31	143	1.00
39	Chocolate pudding..	2 h. T.	155	7	8	42	275	2.77
<b>Supper</b>								
61	Apricot or peach sauce.....	3 h. T.	150	3	1	48	218	2.05
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
11	Ginger cookies.....	6	60	4	3	50	249	.84
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar....		42	1	1	14	70	.42
TOTAL.....				81	58	429	2628	27.13
Total Calories ...				332	539	1759	2630	

## Totals for First Week

	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Dollars
Monday .....	88	56	408	2543	.2051
Tuesday .....	75	51	438	2588	.2011
Wednesday .....	72	39	426	2404	.1561
Thursday .....	74	72	357	2436	.2447
Friday .....	71	70	433	2716	.1936
Saturday .....	74	46	422	2459	.1634
Sunday .....	81	58	429	2628	.2713
TOTAL, first week.....	535	392	2913	17774	1.4353
Average per day.....	76	56	416	2539	.2050

2d Week		MONDAY				8th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
21	Hominy .....	1 C.	245	3	*	32	143	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
77	Beef stew .....	1 C.	235	36	46	28	691	8.00
	Bread .....	1 sl.	75	7	1	40	202	1.15
37	Apple tapioca .....	4 h. T.	200	*	1	55	235	1.50
<b>Supper</b>								
64	Prune sauce .....	5 prunes	125	1	—	34	143	1.07
5	Corn bread .....	2 gems	120	10	10	64	398	2.40
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL .....				75	71	376	2509	19.53
Total Calories ...				308	660	1542	2510	
<b>Man's Lunch (add'l)</b>								
	Peanut butter filling for 2 sl. bread	4 T.	72	21	33	12	442	2.00

2d Week		TUESDAY				9th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
20	Farina .....	1 C.	250	5	1	34	169	.50
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
76	Scalloped meat, macaroni, and tomatoes	3 h. T.	190	20	8	21	245	4.10
	Bread .....	1 sl.	75	7	1	40	202	1.15
119	Cabbage salad .....	½ C.	57	1	*	3	16	.50
120	French dressing ...	2 t.	9	—	7	—	65	.19
63	Date and prune sauce	3 h. T.	123	2	1	66	288	2.22
<b>Supper</b>								
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.30
44	Custard .....	2 h. T.	134	7	8	19	181	2.40
85	Caramel sauce .....	2 T.	40	—	—	25	103	.33
3	Tea .....	1 C.	250	—	—	—	—	.10
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL .....				74	48	411	2435	18.77
Total Calories ...				303	446	1685	2434	
<b>Man's Lunch (add'l)</b>								
73	Meat loaf .....	1 sl.	104	21	11	5	209	4.15

2d Week		WEDNESDAY				10th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
2	Shredded wheat ...	2 biscuits	58	6	1	45	219	2.00
121-d	Coffee .....	1 C.	250	—	—	—	—	.70
	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
95	Oatmeal and potato soup .....	2 C.	450	6	5	46	261	1.53
111	Escalloped onions..	1	140	5	10	20	196	1.63
	Bread .....	1 sl.	75	7	1	40	202	1.15
35	Dutch apple cake ..	1 sl.	111	7	8	47	296	2.46
88	Lemon sauce .....	2 T.	32	*	1	11	54	.24
<b>Supper</b>								
48	Junket .....	$\frac{1}{2}$ C.	126	4	5	10	104	1.17
85	Caramel sauce .....	2 T.	40	—	—	25	103	.33
	Bread and oleo ....	2 sl.	158	14	9	80	465	2.72
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL.....			67	53	447	2597	18.34
	Total Calories ...			275	493	1833	2601	
<b>Man's Lunch (add'l)</b>								
	Bread and oleo ..	1 sl.	79	7	4	40	230	1.36
	Cheese filling for 2 sl. bread.....	2 sl.	113	32	40	*	504	5.00
	(2 $\frac{3}{4}$ " x 2 $\frac{3}{4}$ " x $\frac{1}{2}$ " )							
2d Week		THURSDAY				11th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
18	Cracked wheat ....	1 C.	246	6	1	40	198	.60
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
68	Flank steak with vegetables .....	1 sl.	317	24	22	23	397	4.38
	Bread .....	1 sl.	75	7	1	40	202	1.15
29	Rice .....	$\frac{1}{2}$ C.	100	2	*	20	90	.50
84	Syrup .....	2 T.	36	—	—	57	234	.70
<b>Supper</b>								
10	Fruit cookies .....	3	75	3	9	54	309	1.41
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
	TOTAL.....			78	60	435	2652	17.72
	Total Calories ...			320	558	1784	2662	
<b>Man's Lunch (add'l)</b>								
	Sardine filling for 2 sl. bread.....	4 sardines	46	11	9	—	129	5.00

# MENUS WITH CALCULATIONS

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2d Week		FRIDAY				12th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
Breakfast								
21	Hominy .....	1 C.	245	3	*	32	143	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
Dinner								
92	Fish chowder .....	1 C.	284	38	10	30	372	4.26
	Bread .....	1 sl.	75	7	1	40	202	1.15
79	Lettuce .....	4 leaves	50	1	*	1	8	1.00
119	Boiled dressing .....	2 T.	50	2	5	5	76	1.04
50	Prune loaf .....	1 sl.	150	6	7	70	377	2.13
Supper								
7	Cake .....	1 piece	40	3	4	28	164	.95
	Jelly .....	2 h. T.	70	1	—	54	225	2.66
	Bread .....	2 sl.	150	14	2	80	404	2.30
	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL .....				93	42	463	2668	20.90
Total Calories ...				381	391	1898	2670	
Man's Lunch (add'l)								
	Egg filling for 2sl. bread .....	2 eggs	100	14	10	—	152	5.00
	Oleo for 2sl. bread	2 t.	8	*	7	—	65	.42

2d Week		SATURDAY				13th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbohydrate Grams	Calories	Cost in Cents
Breakfast								
24	Rolled oats .....	1 C.	250	6	3	23	147	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
Dinner								
71	Hamburg steak ....	1 sl.	50	16	8	—	138	3.00
83	Brown gravy .....	½ C.	—	*	3	2	36	.24
81	Vegetable salad....	1 C.	157	3	1	16	87	1.90
119	Boiled dressing ....	2 T	50	2	5	5	76	1.04
	Bread .....	1 sl.	75	7	1	40	202	1.15
16	Peanut candy.....	5 pieces	50	4	6	42	244	1.50
Supper								
64	Prune sauce.....	5 prunes	125	1	—	34	143	1.07
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
TOTAL.....				75	54	363	2295	19.18
Total Calories ...				308	502	1488	2298	
Man's Lunch (add'l)								
Frankfurters (as purchased) .....		2 sau'ges	140	27	26	2	361	5.60

2d Week		SUNDAY				14th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Cents
<b>Breakfast</b>								
19	Cream of wheat....	1 C.	250	5	1	33	165	.80
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
67	Braised beef .....	1 sl.	100	23	24	4	333	4.10
108	Canned peas and carrots .....	1 C.	177	4	*	13	69	3.17
	Bread .....	1 sl.	75	7	1	40	202	1.15
45	Fruit pudding .....	2 sl.	160	10	18	88	569	2.21
87	Hard sauce .....	1 h. T.	19	*	5	13	99	.70
<b>Supper</b>								
65	Rhubarb sauce .....	2 h. T.	90	*	1	36	157	.91
	Bread and oleo .....	1 sl.	79	7	4	40	228	1.36
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar .....		42	1	1	14	70	.42
TOTAL .....				74	67	390	2519	19.51
Total Calories ...				303	623	1599	2525	

## Totals for Second Week

	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Dollars
Monday .....	75	71	376	2509	.1953
Tuesday .....	74	48	411	2435	.1877
Wednesday .....	67	53	447	2597	.1834
Thursday .....	78	60	435	2652	.1772
Friday .....	93	42	463	2668	.2090
Saturday .....	75	54	363	2295	.1918
Sunday .....	74	67	390	2519	.1951
TOTAL, second week .....	536	395	2885	17675	1.3395
Average per day .....	77	56	412	2525	.1914



3d Week		MONDAY				15th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
22	Corn meal.....	1 C.	257	4	1	35	169	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
117	Vegetable hash ....	1 C.	140	9	8	36	259	1.90
	Bread .....	2 sl.	150	14	2	80	404	2.30
51	Rice pudding .....	2 h. T.	133	6	7	34	229	2.11
88	Lemon sauce.....	2 T.	32	*	1	11	54	.24
<b>Supper</b>								
63	Date and prunesauce	3 h. T.	123	2	1	66	288	2.20
4	Baking powder bis-cuit .....	3	90	8	11	45	313	1.60
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
TOTAL.....				65	49	428	2469	16.91
Total Calories ...				266	456	1755	2477	
<b>Man's Lunch (add'l)</b>								
	Peanut butter fill-ing for 2 sl. bread	4 T.	72	21	33	12	442	2.00

3d Week		TUESDAY				16th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
29	Rice .....	1 C.	200	4	*	40	180	1.00
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
77	Meat stew .....	1 C.	235	36	46	28	691	8.00
38	Bread pudding.....	$\frac{1}{2}$ C.	185	11	10	41	306	3.20
<b>Supper</b>								
25	Oatmeal cakes .....	1	133	5	3	16	115	.53
	Sugar .....	1 t.	4	—	4	4	16	—
58	Apple sauce .....	3 h. T.	125	*	1	31	136	1.50
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.70
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				88	86	363	2610	22.04
Total Calories ...				361	800	1488	2649	
<b>Man's Lunch (add'l)</b>								
73	Meat loaf .....	1 sl.	104	21	11	5	209	4.15

## FOOD FOR THE WORKER

3d Week		WEDNESDAY				17th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
18	Cracked wheat.....	1 C.	246	6	1	40	198	.60
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
104	Bean loaf .....	$\frac{1}{2}$ C.	190	21	11	61	438	2.76
	Tomatoes.....	2	200	2	*	8	41	2.00
	Bread .....	1 sl.	75	7	1	40	202	1.15
49	Prune jelly.....	2 h. T.	200	4	—	60	262	2.86
<b>Supper</b>								
61	Apricot sauce.....	3 h. T.	150	3	1	48	218	2.05
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
7	Cake .....	2 sl.	80	6	8	55	326	1.90
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				74	39	475	2612	19.79
Total Calories ...				303	363	1948	2614	
<b>Man's Lunch (add'l)</b>								
	Bread and oleo ...	1 sl.	79	7	4	40	230	1.36
	Cheese filling for 2 sl. bread.....	2 sl.	113	32	40	*	504	5.00
	(2 $\frac{1}{2}$ " x 2 $\frac{1}{2}$ " x $\frac{1}{2}$ ")							

3d Week		THURSDAY				18th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
19	Cream of wheat ...	1 C.	250	5	1	33	165	.80
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
74	Meat pie .....	4 h. T.	200	37	23	36	514	7.23
110	Boiled onion .....	1	85	2	*	10	49	.41
	Oleo .....	1 t.	4	*	3	—	28	.21
37	Apple tapioca.....	4 h. T.	200	—	1	55	235	1.50
<b>Supper</b>								
	Bread and oleo ....	2 sl.	158	14	8	80	469	2.72
48	Junket.....	$\frac{1}{2}$ C.	126	4	5	10	104	1.17
84	Syrup.....	2 T.	36	—	—	57	234	.70
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				80	54	404	2495	19.85
Total Calories ...				328	502	1656	2486	
<b>Man's Lunch (add'l)</b>								
	Sardine filling for 2 sl. bread.....	4 sardines	46	11	9	—	129	5.00

# MENUS WITH CALCULATIONS

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3d Week		FRIDAY				19th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
24	Rolled oats .....	1 C.	250	6	3	23	147	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
57	Salmon loaf .....	1 C.	240	21	18	32	384	4.14
	Bread .....	2 sl.	150	14	2	80	404	2.30
42	Cornstarch pudding	2 h. T.	110	4	5	25	166	1.46
<b>Supper</b>								
64	Prune sauce .....	5 prunes	125	1	—	34	143	1.07
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
10	Fruit cookies .....	4	100	5	11	70	410	1.88
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL .....			76	56	427	2581	17.62
	Total Calories ...			312	521	1751	2584	
<b>Man's Lunch (add'l)</b>								
	Egg filling for 2sl. bread .....	2 eggs	100	14	10	—	152	5.00
	Oleo for 2sl. bread	2 t.	8	*	7	—	65	.42

3d Week		SATURDAY				20th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
21	Hominy .....	1 C.	245	3	*	32	143	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
93	Farina soup .....	1½ C.	333	13	12	31	292	3.06
99	Baked bean loaf and tomato sauce .....	1 C.	225	18	12	52	399	3.15
	Bread .....	1 sl.	75	7	1	40	202	1.15
36	Apple pudding .....	4 h. T.	164	6	7	56	320	2.30
	and							
87	Hard sauce .....	1 h. T.	19	*	5	13	99	.70
<b>Supper</b>								
5	Corn bread .....	1	60	5	5	32	199	1.20
	and							
84	Syrup .....	2 T.	36	—	—	57	234	.70
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
	TOTAL .....			74	60	434	2641	18.82
	Total Calories ...			303	558	1779	2640	
<b>Man's Lunch (add'l)</b>								
	Frankfurters (as purchased) .....	2 sau'ges	140	27	26	2	361	5.60

## FOOD FOR THE WORKER

3d Week		SUNDAY				21st Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
20	Farina .....	1 C.	250	5	1	34	169	.50
2	Coffee .....	1 C.	250					.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
77	Lamb stew .....	1 C.	235	36	46	28	691	8.00
	Bread .....	1 sl.	75	7	1	40	202	1.15
50	Prune loaf .....	1 sl.	150	6	7	70	377	2.13
<b>Supper</b>								
58	Apple sauce .....	3 h. T.	125	*	1	31	136	1.50
7	Cake .....	2 sl.	80	6	8	55	326	1.90
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
TOTAL.....				82	82	379	2654	21.42
Total Calories ...				336	763	1554	2653	21.42

## Totals for Third Week

	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Dollars
Monday .....	65	49	428	2469	.1691
Tuesday .....	88	86	363	2610	.2204
Wednesday .....	74	39	475	2612	.1979
Thursday .....	80	54	404	2495	.1985
Friday .....	76	56	427	2581	.1762
Saturday .....	74	60	434	2641	.1882
Sunday .....	82	82	379	2654	.2142
TOTAL, third week.....	539	426	2910	18062	1.3645
Average per day.....	77	61	416	2580	.1949

# MENUS WITH CALCULATIONS

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4th Week		MONDAY				22d Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
20	Farina .....	1 C.	250	5	1	34	169	.50
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
75	Meat pie with po- tato crust.....	4 h. T.	225	20	14	30	335	4.10
	Bread .....	1 sl.	75	7	1	40	202	1.15
106	Beets .....	4 h. T.	200	5	*	15	83	1.25
	Oleo .....	1 t.	4	*	3	—	28	.21
41	Cottage pudding ...	2 sl.	144	6	10	77	434	2.38
<b>Supper</b>								
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
61	Apricot sauce.....	3 h. T.	150	3	1	48	218	2.05
11	Ginger cookies.....	6	60	4	3	50	249	.84
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				75	50	457	2645	21.70
Total Calories ...				308	465	1874	2647	

Man's Lunch (add'l)  
Peanut butter fill-  
ing for 2 sl. bread

4 T. 72 21 33 12 442 2.00

4th Week		TUESDAY				23d Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
18	Cracked wheat.....	1 C.	246	6	1	40	198	.60
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
33	Cheese fondue.....	$\frac{1}{2}$ C.	182	19	23	32	423	4.12
	Bread .....	1 sl.	75	7	1	40	202	1.15
107	Greens .....	2 h. T.	100	2	4	3	57	2.50
51	Rice pudding .....	2 h. T.	133	6	7	34	229	2.11
88	Lemon sauce .....	4 T.	64	*	2	22	108	.48
<b>Supper</b>								
60	Baked apple .....	1 apple	135	1	1	26	120	1.21
9	Gingerbread .....	2 $\frac{1}{2}$ cakes	100	6	7	69	372	1.25
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				77	69	441	2762	21.59
Total Calories ...				316	642	1808	2766	

Man's Lunch (add'l)

73 Meat loaf ..... 1 sl. 104 21 11 5 209 4.15

## FOOD FOR THE WORKER

4th Week		WEDNESDAY					24th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents	
Breakfast									
19	Cream of wheat....	1 C.	250	5	1	33	165	.80	
2	Coffee .....	1 C.	250	—	—	—	—	.70	
121-d	Constants .....		273	17	12	109	627	3.86	
Dinner									
102	Scalloped lima beans	1 C.	300	15	5	53	326	3.00	
	Bread .....	1 sl.	75	7	1	40	202	1.15	
80	Potato salad .....	1 C.	150	4	*	31	143	1.00	
120	French dressing ...	2 t.	9	—	7	—	65	.19	
44	Custard .....	2 h. T.	134	7	8	19	181	2.40	
Supper									
64	Prune sauce .....	5	125	1	—	34	142	1.07	
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72	
8	Fruit cake .....	2 pieces	100	4	3	83	384	1.76	
3	Tea .....	1 C.	250	—	—	—	—	.13	
121-b	Milk and sugar ....		42	1	1	14	70	.42	
TOTAL .....				75	47	496	2774	19.20	
Total Calories ...				308	437	2034	2779		
Man's Lunch (add'l)									
	Bread and oleo...	1 sl.	79	7	4	40	230	1.36	
	Cheese filling for 2 sl. bread..... (2½" x 2½" x ½")	2 sl.	113	32	40	*	504	5.00	

4th Week		THURSDAY					25th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents	
Breakfast									
24	Rolled oats .....	1 C.	250	6	3	23	147	.30	
2	Coffee .....	1 C.	250	—	—	—	—	.70	
121-d	Constants .....		273	17	12	109	627	3.86	
Dinner									
100	Baked bean stew...	1½ C.	320	11	8	39	279	2.00	
	Raw tomatoes (2) or stewed tomatoes	4 T.	200	2	*	8	41	2.00	
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36	
40	Chocolate farina pudding .....	3 h. T.	141	7	7	33	229	2.60	
Supper									
23	Fried corn mush...	¾ C.	192	3	1	27	132	.23	
84	Syrup .....	2 T.	36	—	—	57	234	.70	
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72	
1	Cocoa .....	1 C.	230	5	6	12	126	1.70	
TOTAL .....				72	50	428	2514	18.17	
Total Calories ...				295	465	1755	2515		
Man's Lunch (add'l)									
	Sardine filling for 2 sl. bread .....	4 sardines	46	11	9	—	129	5.00	

# MENUS WITH CALCULATIONS

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4th Week		FRIDAY				26th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
22	Corn meal.....	1 C.	250	4	1	35	169	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
27	Macaroni and cheese	1 C.	200	10	14	32	302	2.38
	Bread .....	2 sl.	150	14	2	80	404	2.30
45	Fruit pudding .....	2 sl.	160	10	18	88	569	2.21
87	Hard sauce.....	1 h. T.	19	*	5	13	99	.70
<b>Supper</b>								
62	Baked banana .....	1	100	1	1	32	144	1.38
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
TOTAL.....				75	68	481	2909	18.25
Total Calories ...				308	632	1972	2912	
<b>Man's Lunch (add'l)</b>								
	Egg filling for 2sl. bread .....	2 eggs	100	14	10	—	152	5.00
	Oleo for 2sl. bread	2 t.	8	*	7	—	65	.42

4th Week		SATURDAY				27th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
	Shredded wheat ...	2 biscuits	58	6	1	45	219	2.00
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
103	Bean purée.....	1 C.	250	29	8	76	505	3.03
	Bread .....	1 sl.	75	7	1	40	202	1.15
6	Griddle cakes.....	4	155	12	10	64	404	2.66
84	Syrup .....	2 T.	36	—	—	57	234	.70
<b>Supper</b>								
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
29	Boiled rice .....	½ C.	100	2	*	20	90	.50
121-b	Milk and sugar ....		73	2	2	15	88	.72
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				83	39	480	2669	17.23
Total Calories ...				340	363	1968	2671	
<b>Man's Lunch (add'l)</b>								
	Frankfurters (as purchased) .....	2 sau'ges	140	27	26	2	361	5.60

4th Week		SUNDAY				28th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
21	Hominy .....	1 C.	245	3	*	32	143	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
68	Flank steak with vegetables .....	1 sl. 1 C.	317	24	22	23	387	4.38
101	Lima beans .....	2 h. T.	75	5	*	20	103	.59
	Bread .....	1 sl.	75	7	1	40	202	1.15
46	Fruit shortcake (strawberry) .....	1 sl.	158	6	12	52	350	3.30
<b>Supper</b>								
60	Baked apple .....	1	135	1	1	26	120	1.21
10	Fruit cookies .....	3	75	3	9	54	309	1.41
	Bread and oleo .....	2 sl.	158	14	9	80	469	2.72
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar .....		42	1	1	14	70	.42
TOTAL .....				81	67	450	2780	20.17
Total Calories .....				332	623	1845	2800	

## Totals for Fourth Week

	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Dollars
Monday .....	75	50	457	2645	.2170
Tuesday .....	77	69	441	2762	.2159
Wednesday .....	75	47	496	2774	.1920
Thursday .....	72	50	428	2514	.1817
Friday .....	75	68	481	2909	.1825
Saturday .....	83	39	480	2669	.1723
Sunday .....	81	67	450	2780	.2017
TOTAL, fourth week .....	538	390	3233	19053	1.3631
Average per day .....	77	56	462	2722	.1947



# MENUS WITH CALCULATIONS

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5th Week		MONDAY				29th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
	Shredded wheat ...	2 biscuits	58	6	1	45	219	2.00
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
109	Lentil hash .....	1 C.	240	10	4	41	246	1.79
	Bread .....	1 sl.	75	7	1	40	202	1.15
106	Beets .....	1	200	5	*	15	83	1.25
	Oleo .....	1 t.	4	*	3	—	28	.21
44	Custard .....	2 h. T.	134	7	8	19	181	2.40
<b>Supper</b>								
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
	Dates .....	10	83	2	2	59	269	1.80
13	Oat wafers .....	5	50	5	8	33	230	.74
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL .....			74	49	455	2624	19.17
	Total Calories ...			303	456	1866	2625	
<b>Man's Lunch (add'l)</b>								
	Peanut butter filling for 2 sl. bread	4 T.	72	21	33	12	442	2.00

5th Week		TUESDAY				30th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
19	Cream of wheat ...	1 C.	250	5	1	33	165	.80
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
73	Meat loaf .....	1 sl.	104	21	11	5	209	4.15
89	Tomato sauce .....	2 T.	40	1	4	4	57	.90
114	Scalloped potatoes..	2 h. T.	93	7	7	36	242	1.82
41	Cottage pudding ...	2 sl.	144	6	10	77	434	2.38
<b>Supper</b>								
48	Junket .....	½ C.	126	4	5	10	104	1.17
13	Oat wafers .....	5	50	5	8	33	230	.74
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL .....			74	63	361	2368	18.43
	Total Calories ...			303	586	1480	2369	
<b>Man's Lunch (add'l)</b>								
73	Meat loaf .....	1 sl.	104	21	11	5	209	4.15

## FOOD FOR THE WORKER

5th Week		WEDNESDAY				31st Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
24	Rolled oats .....	1 C.	250	6	3	23	147	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
96	Scotch barley soup..	1 C.	240	3	4	20	131	.70
32	Scalloped rice.....	$\frac{1}{2}$ C.	160	3	2	25	134	.95
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
39	Chocolate pudding..	2 h. T.	155	7	8	42	275	2.77
<b>Supper</b>								
	Bread .....	2 sl.	150	14	2	80	404	2.30
	Cheese .....	1 cu. in.	20	6	7	*	90	.96
14	Fudge .....	2 $\frac{1}{2}$ pieces	50	2	4	43	221	1.36
7	Cake .....	1 piece	40	3	4	28	163	.95
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL.....			76	56	464	2731	18.12
	Total Calories ...			312	521	1902	2735	
<b>Man's Lunch (add'l)</b>								
	Bread and oleo ..	1 sl.	79	7	4	40	230	1.36
	Cheese filling for 2 sl. bread..... (2 $\frac{3}{4}$ " x 2 $\frac{3}{4}$ " x $\frac{1}{2}$ ")	2 sl.	113	32	40	*	504	5.00

5th Week		THURSDAY				32d Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
20	Farina .....	1 C.	250	5	1	34	169	.50
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
72	Meat balls with rice	2	210	31	14	24	355	6.00
107	Beet greens.....	2 h. T.	100	2	3	3	48	2.50
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
49	Prune jelly .....	2 h. T.	200	4	—	60	262	2.86
<b>Supper</b>								
65	Rhubarb sauce.....	2 h. T.	90	*	1	36	157	.91
9	Gingerbread .....	2 $\frac{1}{2}$ cakes	100	6	7	69	372	1.25
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
	TOTAL.....			77	48	387	2346	21.64
	Total Calories ...			316	446	1587	2349	
<b>Man's Lunch (add'l)</b>								
	Sardine filling for 2 sl. bread.....	4 sardines	46	11	9	—	129	5.00

# MENUS WITH CALCULATIONS

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5th Week		FRIDAY				33d Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
Breakfast								
18	Cracked wheat.....	1 C.	246	6	1	40	198	.60
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
Dinner								
52	Baked stuffed fish..	1 sl.	152	33	4	7	201	3.03
82	Butter sauce.....	$\frac{1}{2}$ C.	28	*	3	1	32	.18
28	Macaroni croquettes	2	110	6	5	19	150	1.46
86	Cheese sauce .....	$1\frac{1}{2}$ T.	30	2	4	3	57	.67
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
	Dates .....	10	83	2	2	59	269	1.80
Supper								
4	Baking powder bis-cuits .....	2	60	5	7	30	209	1.10
	Berries with $1\frac{1}{2}$ T. sugar .....	3 h. T.	115	1	1	26	120	3.14
15	Molasses candy ....	$3\frac{1}{2}$ pieces	56	2	1	54	238	.80
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				82	45	402	2401	19.25
Total Calories ...				336	419	1648	2403	
Man's Lunch (add'l)								
	Egg filling for 2sl. bread .....	2 eggs	100	14	10	—	152	5.00
	Oleo for 2sl. bread	2 T.	8	*	7	—	65	.42

5th Week		SATURDAY				34th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Breakfast								
20	Farina .....	1 C.	250	5	1	34	169	.50
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
Dinner								
94	Lentil soup .....	1½ C.	291	18	4	42	283	2.35
	Tomatoes .....	2	200	2	*	8	41	2.00
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
34	Apple Betty .....	2 h. T.	155	5	5	44	248	2.50
Supper								
25	Oatmeal cakes .....	1	133	5	3	16	115	.53
84	Syrup .....	2 T.	36	—	—	57	234	.70
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
	Milk .....	1 glass	220	7	9	11	158	2.30
	TOTAL.....			80	47	441	2574	19.52
	Total Calories ...			328	437	1808	2573	
Man's Lunch (add'l)								
	Frankfurters (as purchased) .....	2 sau'ages	140	27	26	2	361	5.60

## FOOD FOR THE WORKER

5th Week		SUNDAY				35th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Cents
<b>Breakfast</b>								
29	Rice .....	1 C.	200	4	*	40	180	1.00
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
69	Pot roast .....	1½ sl.	150	41	12	—	280	10.00
112	Baked potatoes ....	1	130	4	*	32	147	1.00
	Bread .....	1 sl.	75	7	1	40	202	1.15
79	Lettuce salad .....	4 leaves	50	1	*	1	8	1.00
120	French dressing ...	2 t.	9	—	7	—	65	.19
47	Baked Indian pudding .....	2 h. T.	142	7	7	32	225	1.95
<b>Supper</b>								
64	Prune sauce .....	5	125	1	—	34	143	1.07
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
8	Fruit cake .....	2 pieces	100	4	3	83	384	1.76
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL .....				94	47	425	2561	25.59
Total Calories ...				385	437	1743	2565	

## Totals for Fifth Week

	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Dollars
Monday .....	74	49	455	2624	.1917
Tuesday .....	74	63	361	2368	.1843
Wednesday .....	76	56	464	2731	.1812
Thursday .....	77	48	387	2346	.2164
Friday .....	82	45	402	2401	.1925
Saturday .....	80	47	441	2574	.1952
Sunday .....	94	47	425	2561	.2559
TOTAL, fifth week .....	557	355	2935	17605	1.4172
Average per day .....	80	51	419	2515	.2025

# MENUS WITH CALCULATIONS

51

6th Week		MONDAY				36th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
18	Cracked wheat.....	1 C.	246	6	1	40	198	.60
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
76	Scalloped meat, macaroni and to-mato.....	3 h. T.	190	20	8	21	242	4.10
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
42	Cornstarch pudding	2 h. T.	110	4	5	25	166	1.46
<b>Supper</b>								
101	Lima bean salad....	2 h. T.	75	5	*	20	103	.59
119	Boiled salad dressing	2 T.	50	2	5	5	76	1.04
	Bread .....	2 sl.	150	14	2	80	404	2.30
	Jelly .....	2 h. T.	70	1	—	25	107	.33
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				77	38	379	2223	16.89
Total Calories ...				316	353	1554	2223	
<b>Man's Lunch (add'l)</b>								
	Peanut butter filling for 2 sl. bread	4 T.	72	21	33	12	442	2.00

6th Week		TUESDAY				37th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
22	Corn meal.....	1 C.	257	4	1	35	169	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
93	Wheat or farina soup	1½ C.	333	13	12	31	292	3.06
	Bread .....	1 sl.	75	7	1	40	202	1.15
112	Potato, baked .....	1	130	4	*	32	147	1.00
116	Scalloped tomatoes..	½ C.	117	3	4	11	94	1.40
45	Steamed fruit pudding .....	2 sl.	160	10	18	88	569	2.21
87	Hard sauce.....	1 h. T.	19	*	5	13	99	.70
<b>Supper</b>								
30	Rice cakes .....	2	160	6	2	36	192	1.66
84	Brown sugar syrup	2 T.	36	—	—	57	234	.70
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				72	60	506	2925	18.65
Total Calories ...				295	558	2075	2928	
<b>Man's Lunch (add'l)</b>								
73	Meat loaf .....	1 sl.	104	21	11	5	209	4.15

6th Week		WEDNESDAY				38th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
21	Hominy .....	1 C.	245	3	*	32	143	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
102	Scalloped lima beans	1 C.	300	15	5	53	326	3.00
	Bread .....	2 sl.	150	14	2	80	404	2.30
40	Chocolate farina pudding .....	3 h. T.	141	7	7	33	229	2.60
<b>Supper</b>								
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
58	Apple sauce .....	3 h. T.	125	*	1	31	136	1.50
8	Fruit cake .....	2 pieces	100	4	3	83	384	1.76
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL .....			75	40	515	2788	19.29
	Total Calories ...			307	372	2112	2791	19.29
<b>Man's Lunch (add'l)</b>								
	Bread and oleo ..	1 sl.	79	7	4	40	230	1.36
	Cheese filling for 2 sl. bread .....	2 sl.	113	32	40	*	504	5.00
	(2½" x 2½" x ½")							
6th Week		THURSDAY				39th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
22	Corn meal .....	1 C.	257	4	1	35	169	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
97	Split pea soup .....	1 C.	245	17	4	42	279	1.10
114	Scalloped potatoes..	2 h. T.	93	7	7	36	242	1.82
	Bread .....	1 sl.	75	7	1	40	202	1.15
43	Cream tapioca pud- ding .....	4 h. T.	159	8	8	30	230	2.80
<b>Supper</b>								
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
	Cream cheese .....	½ sl.	16	3	4	*	49	1.00
7	Cake .....	2 pieces	80	6	8	55	326	1.90
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL .....			84	55	441	2663	17.90
	Total Calories ...			344	512	1808	2664	
<b>Man's Lunch (add'l)</b>								
	Sardine filling for 2 sl. bread .....	4 sardines	46	11	9	—	129	5.00

# MENUS WITH CALCULATIONS

53

6th Week		FRIDAY				40th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
	Shredded wheat....	2 biscuits	58	6	1	45	219	2.00
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
54	Codfish balls.....	2	132	19	3	17	176	2.35
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
31	Rice and cheese....	3 h. T.	139	12	12	27	272	2.27
49	Prune jelly .....	2 h. T.	200	4	—	60	262	2.86
<b>Supper</b>								
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
21	Hominy .....	1 C.	245	3	*	32	143	.30
84	Brown sugar syrup	2 T.	36	—	—	57	234	.70
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
	TOTAL.....			80	42	439	2519	19.46
	Total Calories ...			328	391	1800	2519	
<b>Man's Lunch (add'l)</b>								
	Egg filling for 2sl. bread .....	2 eggs	100	14	10	—	152	5.00
	Oleo for 2sl. bread	2 t.	8	*	7	—	65	.42

6th Week		SATURDAY				41st Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
18	Cracked wheat.....	1 C.	246	6	1	40	198	.60
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
73	Meat loaf.....	1 sl.	104	21	11	5	209	4.15
89	Tomato sauce.....	2 T.	40	1	4	4	57	.90
111	Scalloped onions ...	1	140	5	10	20	196	1.63
	Bread .....	1 sl.	75	7	1	40	202	1.15
47	Indian pudding ....	2 h. T.	142	7	7	32	225	1.95
<b>Supper</b>								
65	Rhubarb sauce .....	2 h. T.	90	*	1	36	157	.91
7	Cake .....	2 pieces	80	6	8	55	326	1.90
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
	TOTAL.....			78	60	395	2497	19.66
	Total Calories ...			320	558	1620	2498	
<b>Man's Lunch (add'l)</b>								
	Frankfurters (as purchased) .....	2 sau'ages	140	27	26	2	361	5.60

6th Week		SUNDAY				42d Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
19	Cream of wheat....	1 C.	250	5	1	33	165	.80
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
66	Corned beef and Cabbage.....	2 sl.						
	Bread.....	3 h. T.	200	36	45	10	608	10.00
	Sliced orange (1) and banana (1), with sugar (3 t.).....	1 sl.	75	7	1	40	202	1.15
			262	2	1	46	206	3.25
<b>Supper</b>								
59	Apple sauce (dried apples).....	4 h. T.	177	*	1	30	132	1.00
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
11	Ginger cookies....	6	60	4	3	50	249	.84
3	Tea.....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL.....			79	69	372	2489	23.51
	Total Calories ...			324	642	1525	2491	

## Totals for Sixth Week

	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Dollars
Monday .....	77	38	379	2223	.1689
Tuesday .....	72	60	506	2925	.1865
Wednesday .....	75	40	515	2788	.1929
Thursday .....	84	55	441	2663	.1790
Friday .....	80	42	439	2519	.1946
Saturday .....	78	60	395	2497	.1966
Sunday .....	79	69	372	2489	.2351
TOTAL, sixth week.....	545	364	3047	18104	1.3536
Average per day.....	78	52	435	2586	.1934



7th Week		MONDAY				43d Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
21	Hominy .....	1 C.	245	3	*	32	143	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
73	Meat loaf.....	1 sl.	104	21	11	5	209	4.15
83	Brown gravy .....	½ C.	—	*	3	2	36	.24
102	Scalloped lima beans	1 C.	300	15	5	53	326	3.00
	Bread .....	1 sl.	75	7	1	40	202	1.15
37	Apple tapioca.....	4 h. T.	200	*	1	55	235	1.50
<b>Supper</b>								
48	Junket .....	½ C.	126	4	5	10	104	1.17
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
12	Oatmeal macaroons	3	30	4	3	25	147	.74
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL.....			86	51	425	2568	20.08
	Total Calories ...			353	474	1743	2570	
<b>Man's Lunch (add'l)</b>								
	Peanut butter filling for 2 sl. bread	4 T.	72	21	33	12	442	2.00

7th Week		TUESDAY				44th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
19	Cream of wheat....	1 C.	250	5	1	33	165	.80
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
31	Rice and cheese....	3 h. T.	139	12	12	27	272	2.27
	Bread .....	2 sl.	150	14	2	80	404	2.30
107	Spinach .....	2 h. T.	100	2	4	3	57	2.50
50	Prune loaf .....	1 sl.	150	6	7	70	377	2.13
<b>Supper</b>								
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
58	Apple sauce .....	3 h. T.	125	*	1	31	136	1.50
7	Cake .....	1 piece	40	3	4	28	163	.95
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL.....			74	53	475	2740	20.28
	Total Calories ...			303	493	1948	2744	
<b>Man's Lunch (add'l)</b>								
73	Meat loaf.....	1 sl.	104	21	11	5	209	4.15

7th Week		WEDNESDAY				45th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
22	Corn meal.....	1 C.	257	4	1	35	169	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
94	Lentil soup .....	1½ C.	291	18	4	42	283	2.35
	Bread .....	2 sl.	150	14	2	80	404	2.30
41	Cottage pudding....	2 sl.	144	6	10	77	434	2.38
<b>Supper</b>								
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
62	Banana, baked.....	1	100	1	1	32	144	1.38
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
11	Ginger cookies .....	6	60	4	3	50	249	.84
	TOTAL.....			76	43	477	2666	17.17
	Total Calories ...			312	400	1956	2668	

## Man's Lunch (add'l)

Bread and oleo...

Cheese filling for

2 sl. bread.....

(2½" x 2½" x ½")

1 sl.

2 sl.

79

113

7

32

4

40

\*

230

504

1.36

5.00

7th Week		THURSDAY				46th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
21	Hominy .....	1 C.	245	3	*	32	143	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
76	Scalloped meat, macaroni and to-matoes .....	3 h. T.	190	20	8	21	242	4.10
106	Beets .....	1	200	5	*	15	83	1.25
120	French dressing....	2 t.	9	—	7	—	65	.19
	Bread .....	1 sl.	75	7	1	40	202	1.15
12	Oatmeal macaroons	3	30	4	3	25	147	.74
<b>Supper</b>								
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
61	Apricot sauce.....	3 h. T.	150	3	1	48	218	2.05
10	Fruit cookies .....	3	75	3	9	54	309	1.41
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
	TOTAL.....			77	51	438	2575	19.02
	Total Calories ...			316	409	1820	2545	

## Man's Lunch (add'l)

Sardine filling for

2 sl. bread.....

4 sardines

46

11

9

—

129

5.00

# MENUS WITH CALCULATIONS

57

7th Week		FRIDAY				47th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
20	Farina .....	1 C.	250	5	1	34	169	.50
2	Coffee .....	1 C.	—	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
55	Creamed codfish ...	½ C.	184	29	12	9	268	3.97
113	Potatoes, boiled....	1	150	4	*	31	143	1.00
38	Bread pudding.....	½ C.	185	11	10	41	306	3.20
<b>Supper</b>								
	Bread .....	2 sl.	150	14	2	80	404	2.30
	Dates .....	10	83	2	2	59	269	1.80
7	Cake .....	1 piece	40	3	4	28	163	.95
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL.....				86	44	405	2419	18.83
Total Calories ...				353	409	1661	2422	
<b>Man's Lunch (add'l)</b>								
	Egg filling for 2 sl. bread .....	2 eggs	100	14	10	—	152	5.00
	Oleo for 2sl. bread	2 t.	8	*	7	—	65	.42

7th Week		SATURDAY				48th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
19	Cream of wheat....	1 C.	250	5	1	33	165	.80
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
26	Boiled macaroni ...	1 C.	100	3	*	19	90	.50
90	Cream sauce.....	4 T.	80	4	10	8	142	1.30
115	Succotash .....	½ C.	160	7	5	35	220	2.70
	Bread .....	1 sl.	75	7	1	40	202	1.15
9	Gingerbread .....	2½ cakes	100	6	7	69	372	1.25
<b>Supper</b>								
	Bread and oleo ....	2 sl.	158	14	9	80	469	2.72
1	Cocoa .....	1 C.	230	5	6	12	126	1.70
10	Fruit cookies .....	3	75	3	9	54	309	1.41
59	Apple sauce (dried apples).....	4 h. T.	177	*	1	30	132	1.00
TOTAL.....				71	61	489	2854	19.09
Total Calories ...				291	558	2005	2854	
<b>Man's Lunch (add'l)</b>								
	Frankfurters (as purchased) .....	2 sau'ges	140	27	26	2	361	5.60

7th Week		SUNDAY				49th Day		
Recipe No.	Material	Measure for One Person	Weight Grams	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calo-ries	Cost in Cents
<b>Breakfast</b>								
24	Rolled oats .....	1 C.	250	6	3	23	147	.30
2	Coffee .....	1 C.	250	—	—	—	—	.70
121-d	Constants .....		273	17	12	109	627	3.86
<b>Dinner</b>								
78	Smoked shoulder...	1 sl.	135	36	73	—	827	10.60
	Tomatoes, fresh or	2						
	canned .....	4 h. T.	200	2	*	8	41	2.00
113	Potato, boiled .....	1	150	4	*	31	143	1.00
35	Dutch apple cake...	1 sl.	111	7	8	47	296	2.46
88	Lemon sauce .....	2 T.	32	*	1	11	54	.24
<b>Supper</b>								
	Bread and oleo ....	1 sl.	79	7	4	40	230	1.36
63	Date and prune jam	3 h. T.	123	2	1	66	288	2.22
8	Fruit cake .....	2 pieces	100	4	3	83	384	1.76
3	Tea .....	1 C.	250	—	—	—	—	.13
121-b	Milk and sugar ....		42	1	1	14	70	.42
TOTAL .....				86	106	432	3107	27.05
Total Calories ...				353	435	1771	3110	

## Totals for Seventh Week

	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Dollars
Monday .....	86	51	425	2568	.2008
Tuesday .....	74	53	475	2740	.2028
Wednesday .....	76	43	477	2666	.1717
Thursday .....	77	51	438	2575	.1902
Friday .....	86	44	405	2419	.1883
Saturday .....	71	61	489	2854	.1909
Sunday .....	86	106	432	3107	.2705
TOTAL, seventh week .....	556	409	3141	18929	1.4152
Average per day .....	79	58	449	2704	.2022

## Average of Totals for Seven Weeks (per person)

Weeks	Protein Grams	Fat Grams	Carbo-hydrate Grams	Calories	Cost in Dollars per day
First .....	76	56	416	2539	.2050
Second .....	77	56	412	2525	.1914
Third .....	77	61	416	2580	.1949
Fourth .....	77	56	462	2722	.1947
Fifth .....	80	51	419	2515	.2025
Sixth .....	78	52	435	2586	.1934
Seventh .....	79	58	449	2704	.2022
TOTAL, seven weeks .....	544	390	3009	18171	1.3841
Aver. per person per day	78	56	430	2596	.1977

# **Recipes, Classified List**

## **I. Beverages**

- 1 Cocoa
- 2 Coffee
- 3 Tea

## **II. Biscuits and Breads**

- 4 Baking powder biscuits
- 5 Corn bread
- 6 Griddle cakes

## **III. Cake and Cookies**

- 7 Cake, plain
- 8 Cake, fruit
- 9 Gingerbread
- 10 Cookies, fruit
- 11 Cookies, ginger
- 12 Oatmeal macaroons
- 13 Oat wafers

## **IV. Candy**

- 14 Fudge
- 15 Molasses candy
- 16 Peanut candy
- 17 Penuchi

## **V. Cereals and Macaroni**

- 18 Cracked wheat
- 19 Cream of wheat
- 20 Farina
- 21 Hominy
- 22 Corn meal
- 23 Corn mush, fried
- 24 Rolled oats
- 25 Rolled oat cakes
- 26 Macaroni
- 27 Macaroni and cheese
- 28 Macaroni croquettes
- 29 Rice
- 30 Rice cakes
- 31 Rice and cheese
- 32 Rice, scalloped

## **VI. Cheese**

- 33 Cheese fondue

## **VII. Desserts**

- 34 Apple Betty
- 35 Apple cake, Dutch
- 36 Apple pudding
- 37 Apple tapioca
- 38 Bread pudding
- 39 Chocolate pudding

- 40 Chocolate farina pudding
- 41 Cottage pudding
- 42 Cornstarch pudding
- 43 Cream tapioca
- 44 Custard
- 45 Fruit pudding
- 46 Fruit shortcake
- 47 Indian pudding
- 48 Junket
- 49 Prune jelly
- 50 Prune loaf
- 51 Rice pudding

## **VIII. Fish**

- 52 Fish, baked and stuffed
- 53 Fish, boiled
- 54 Codfish balls
- 55 Codfish, creamed
- 56 Codfish hash
- 57 Salmon loaf

## **IX. Fruits**

- 58 Apple sauce
- 59 Apple sauce (dried apples)
- 60 Apples, baked
- 61 Apricot or peach sauce
- 62 Bananas, baked
- 63 Date and prune sauce
- 64 Prune sauce
- 65 Rhubarb sauce

## **X. Meats**

- 66 Beef, corned
- 67 Beef, braised
- 68 Beef, flank, with vegetables
- 69 Beef, pot roast
- 70 Lamb, roast
- 71 Meat balls, Hamburg steak
- 72 Meat balls with rice
- 73 Meat loaf
- 74 Meat pie
- 75 Meat pie with potato crust
- 76 Meat, scalloped, with macaroni
- 77 Meat, stew
- 78 Shoulder, smoked

## **XI. Salads**

- 79 Salad, lettuce
- 80 Salad, potato
- 81 Salad, vegetable

**XII. Sauces**

- 82 Butter sauce
- 83 Brown gravy
- 84 Brown sugar syrup
- 85 Caramel sauce
- 86 Cheese sauce
- 87 Hard sauce
- 88 Lemon sauce
- 89 Tomato sauce
- 90 White sauce

**XIII. Soups**

- 91 Chowder, corn
- 92 Chowder, fish
- 93 Soup, cereal
- 94 Soup, lentil
- 95 Soup, oatmeal and potato
- 96 Soup, Scotch barley
- 97 Soup, split pea

**XIV. Vegetables**

- 98 Baked beans
- 99 Baked bean loaf

- 100 Baked bean stew
- 101 Lima beans
- 102 Lima beans, scalloped
- 103 Bean purée
- 104 Bean loaf
- 105 Beans stewed with tomatoes
- 106 Beets
- 107 Beet greens or spinach
- 108 Carrots and peas
- 109 Lentil hash
- 110 Onions, boiled
- 111 Onions, scalloped
- 112 Potato, baked
- 113 Potato, boiled
- 114 Potato, scalloped
- 115 Succotash
- 116 Tomato, scalloped
- 117 Vegetable hash

**XV. Miscellaneous**

- 118 Cream toast
- 119 Boiled salad dressing
- 120 French dressing

**No. 1 COCOA****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk .....	2½ C.	610	20	24	31	432	6.1
Water .....	2½ C.						
Cocoa .....	3½ T.	25	5	7	9	123	2.1
Sugar .....	2 T.	20	—	—	20	82	.2
TOTAL (cooked) .....	5 C.	1150	25	31	60	637	8.4
1 Serving .....	1 C.	230	5	6	12		1.7
Calories per serving....			21	56	49	126	

*Directions:*

Put milk and all but a little of the water in saucepan to heat. Mix sugar and cocoa with a little of the water to form a paste, and add this to the scalded milk and water. Boil for about 5 minutes.

**No. 2 COFFEE****Serves 5**

Material	Measure	Weight Grams	Cost in Cents
Coffee .....	10 T.	60	3.3
Water (boiling).....	5 C.		
1 Serving .....	1 C.		.7

*Directions:*

Moisten coffee with cold water; add to boiling water and boil from 1 to 3 minutes. Keep hot without boiling for 10 minutes longer. Add 5 table-spoonsful of cold water to settle the grounds, and it is ready to serve.

**No. 3 TEA****Serves 5**

Material	Measure	Weight Grams	Cost in Cents
Tea .....	5 t.	10	.66
Water (boiling) .....	5 C.		
1 Serving .....	1 C.		.13

*Directions:*

Put the tea into a hot teapot, and pour the water, freshly boiled, over it. Steep 1 to 3 minutes, never longer. Do not make the tea until ready to serve it, for tea becomes bitter and harmful if allowed to stand. Or for weak tea, the leaves can be put in the tea strainer, and boiling water poured over them into each cup.

**No. 4 BAKING POWDER BISCUIT****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Flour .....	2 C.	228	25	3	171	832	2.5
Salt .....	1 t.	4					
Butter substitute .....	3 T.	36	*	31	—	288	1.3
Baking powder .....	3½ t.	10					.9
Milk .....	¼ C.	183	6	7	9	127	1.8
TOTAL (cooked) .....	12 biscuits Diameter, 2½"	360	31	41	180	1247	6.5
1 Serving .....	2 biscuits	60	5	7	30		1.1
Calories per serving....			21	65	123	209	

**Directions:**

Sift dry ingredients together; cut in the shortening with a knife; add milk gradually, mixing with a knife. Put on a floured board; pat out lightly with a rolling pin until about ¼ of an inch thick. Put in a floured baking pan; brush over with milk and bake in a hot oven from 12 to 15 minutes. Or cut dough with a cookie cutter and make 12 biscuits. Less shortening may be used (2 instead of 3 T.) and water instead of milk, but this will lower the food value slightly.

**No. 5 CORN BREAD****Serves 8**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Corn meal .....	1 C.	160	15	3	121	586	1.1
Flour .....	1 C.	114	12	1	85	407	1.2
Sugar .....	4 T.	40	—	—	40	164	.4
Egg .....	1	50	7	5	—	75	2.0
Milk .....	1 C.	244	8	10	12	175	2.5
Butter substitute .....	2 T.	24	*	20		186	.9
Baking powder .....	4 t.	12					1.1
Salt .....	1 t.						
TOTAL (cooked) .....	8 cakes Diameter, 3"	480	42	39	258	1593	9.2
1 Serving .....	1 cake	60	5	5	32		1.2
Calories per serving....			21	47	131	199	

**Directions:**

Mix dry ingredients by sifting them together; add milk, well-beaten egg, and melted butter substitute. Beat well, and bake in a shallow pan or in gem pan in hot oven for 20 minutes.



**No. 6 GRIDDLE CAKES****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Flour .....	3 C.	342	37	4	256	1239	3.60
Baking powder .....	1½ T.	15					1.40
Salt .....	1 t.						
Sugar .....	4 T.	40	—	—	40	164	.40
Milk .....	2 C.	488	16	20	24	350	5.00
Egg .....	1	50	7	5	—	75	2.00
Melted butter substitute..	2 T.	24	*	20	—	186	.90
TOTAL (cooked).....	20 cakes Diameter, 3½"	780	60	49	320	2014	1.33
1 Serving .....	4 cakes	156	12	10	64		2.66
Calories per serving....			49	93	262	404	

**Directions:**

Sift dry ingredients together; beat the egg, mix it with the milk, and add it gradually to the dry mixture, keeping the batter free from lumps. Mix and beat well. Add melted shortening and drop by spoonfuls on a hot greased griddle. When the cakes are puffed up and full of bubbles on top and brown underneath, turn and brown on the other side. Serve hot with sugar or syrup.

**No. 7 CAKE, PLAIN****Serves 7**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Butter substitute .....	4 T.	48	*	41	—	381	1.7
Sugar .....	1 C.	200	—	—	200	820	2.5
Egg .....	1	50	7	5	—	75	2.0
Milk .....	1 C.	244	8	10	12	175	2.5
Flour .....	2 C.	228	25	3	171	832	2.5
Baking powder .....	4 t.	12					1.1
Vanilla .....	½ t.						1.0
TOTAL (cooked).....	14 pieces 2½" square	565	40	59	383	2283	13.3
1 Serving .....	2 pieces	80	6	8	55		1.9
Calories per serving....			25	75	226	326	

**Directions:**

Cream the butter substitute; add half the sugar and continue creaming. Beat egg until light, and add with the milk and the rest of the sugar to the creamed butter substitute. Add flour mixed with baking powder. Flavor; beat well, and bake in a shallow pan about half an hour. The cake may be covered with a plain white icing, made by putting 2 tablespoonsful of boiling water in a bowl, adding a few drops of vanilla and stirring in gradually about 1 cup of confectioner's sugar. Spread on cake while it is still warm. This will raise the value of each serving of cake about 94 calories and will increase the cost .004 per portion, or a little over 3 cents for the whole cake. Cocoa may also be added to the frosting.

No. 8 FRUIT CAKE (2 loaves)						Serves 12	
Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Sugar .....	2 C.	400	—	—	400	1640	5.00
Shortening .....	2 T.	24	*	20	—	186	.90
Raisins (seedless) .....	1 package	450	12	15	342	1591	11.00
Water .....	2 C.						
Flour .....	3 C.	342	37	4	256	1239	3.60
Soda .....	1 t.						.60
Cinnamon .....	1 t.						
Ginger .....	1 t.						
Allspice .....	1 t.						
Nutmeg .....	1 t.						
TOTAL (cooked) .....	24 pieces	1200	49	39	998	4656	21.10
1 Serving .....	2 pieces	100	4	3	83		1.76
	1½" x 2½"						
Calories per serving....			16	28	340	384	

**Directions:**

Boil water, sugar, raisins, and shortening (or butter substitute) together for 5 minutes. When cold, stir in soda dissolved in a little warm water. Add flour sifted with the different spices. Mix thoroughly and bake in two loaves in a moderate oven.

No. 9 GINGERBREAD						Serves 8	
Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Flour .....	2½ C.	257	28	3	192	930	2.8
Molasses .....	1 C.	320	8	—	222	943	2.8
Fat, melted .....	4 T.	44	*	37	—	344	1.7
Soda .....	1 t.	—					.2
Ginger .....	1½ t.						
Salt .....	½ t.						
Boiling water .....	½ C.						
TOTAL (cooked) .....	8 pieces	600	36	40	414	2217	7.5
1 Serving .....	1 piece	75	5	5	52		.9
	2 cu. in.						
Calories per serving....			21		213	281	

**Directions:**

Mix and sift the soda, ginger, and salt with the flour. Add the water to the molasses, and to this slowly add the sifted flour, etc. Then add the melted shortening, and beat well. Bake in a shallow greased tin in a moderate oven for about 25 minutes, or in gem pans. This recipe makes 15 small cakes of 40 grams each.

**No. 10 FRUIT COOKIES**
**Makes 36 Cookies**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Shortening .....	$\frac{1}{2}$ C.	96	1	82	—	767	3.50
Sugar .....	1 C.	200	—	—	200	820	2.50
Egg .....	1	50	7	5	—	75	2.09
Molasses .....	$\frac{1}{2}$ C.	160	4	—	111	472	1.50
Milk .....	1 T.	14	*	1	1	13	—
Flour .....	2 $\frac{1}{2}$ C.	266	29	3	199	963	2.80
Baking powder .....	2 t.	6	—	—	—	—	.50
Raisins .....	1 C.	160	4	5	122	563	3.80
Cinnamon .....	1 t. }						
Nutmeg .....	1 t. }						
Cloves .....	$\frac{1}{2}$ t. }						.30
Salt .....	$\frac{1}{2}$ t. }						
TOTAL (cooked) .....	36 cookies	900	45	96	633	3673	16.90
1 Serving .....	4 cookies	100	5	11	70	—	1.88
(1 cookie) .....		25	1	3	18	—	.47
Calories per serving....			21	102	287	410	

**Directions:**

Cream the shortening; add the sugar, beaten egg, and molasses. Sift dry ingredients with 1 cup of the flour, and add to above mixture; then add milk and enough flour to roll out. Chop raisins fine and add to above. Roll out, cut, and bake in moderate oven.

**No. 11 GINGER COOKIES**
**Makes 40 Cookies**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Butter substitute or fat...	2 T.	24	*	20	—	186	.90
Sugar .....	$\frac{1}{2}$ C.	50	—	—	50	205	.65
Molasses .....	$\frac{1}{2}$ C.	160	4	—	111	472	1.40
Flour .....	2 C.	228	25	3	171	832	2.50
Soda .....	$\frac{1}{2}$ t. }						
Ginger .....	$\frac{1}{2}$ t. }						.05
TOTAL (cooked) .....	40 cookies	400	29	23	332	1695	6.50
1 Serving .....	6 cookies	60	4	3	50	—	.84
Calories per serving....			16	28	205	249	

**Directions:**

Cream shortening and sugar together. Heat the molasses and add it. Sift the soda and ginger with  $\frac{1}{2}$  cup of flour. Add these with enough sifted flour to thicken (1 to 1 $\frac{1}{2}$  cups). Roll dough out on a floured board; cut and bake in a floured, greased tin about 10 minutes.

**No. 12 OATMEAL MACAROONS****Makes 20**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Butter substitute .....	1 T.	12	*	10	—	93	.45
Sugar .....	$\frac{1}{2}$ C.	100	—	—	100	410	1.25
Egg .....	1	50	7	5	—	75	2.00
Rolled oats .....	$1\frac{1}{2}$ C.	105	18	8	70	435	.95
Baking powder .....	1 t.	3					.27
Salt .....	$\frac{1}{2}$ t.						
TOTAL (cooked) .....	20 cookies	200	25	23	170	1013	4.92
1 Serving .....	3 cookies	30	4	3	25		.74
Calories per serving....			16	28	103	147	

*Directions:*

Rub butter substitute and sugar together and mix with well-beaten egg. Stir the rolled oats into the mixture, and add salt and baking powder. Mix all together, and drop from a teaspoon about an inch apart on greased pans. Bake in a moderately hot oven until crisp and brown.

**No. 13 OAT WAFERS****Makes 46 Wafers**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Rolled oats .....	2 C.	140	23	10	93	569	1.26
Flour .....	2 C.	228	24	3	171	832	2.50
Sugar .....	4 T.	40	—	—	40	164	.52
Butter substitute .....	6 T.	72	1	61	—	571	2.52
Salt .....	$\frac{1}{2}$ t.						
Hot water .....							
TOTAL (cooked) .....	46	460	49	74	304	2136	6.80
1 Serving .....	5	50	5	8	33		.74
Calories per serving....			21	74	135	230	

*Directions:*

Mix rolled oats, flour, sugar, and salt; rub in shortening; add just enough hot water to make dough hold together. Roll as thin as possible, cut out, and bake in a greased pan in a hot oven.

**No. 14 CHOCOLATE FUDGE** **Makes 25 pieces 1½ inches square**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Sugar .....	2 C.	400	—	—	400	1640	6.00
Milk .....	$\frac{1}{2}$ C.	183	6	7	9	127	1.80
Oleo .....	2 T.	24	*	20	—	186	1.27
Cocoa .....	6 T.	42	9	12	16	214	3.50
Vanilla .....	$\frac{1}{2}$ t.						1.00
Salt .....	pinch						
TOTAL (cooked) .....	25 pieces	500	15	39	425	2167	13.57
1 Serving .....	2½ pieces	50	2	4	43	217	1.36
Calories per serving....			8	37	176	221	

*Directions:*

Put sugar, milk, salt, oleo, and cocoa into a smooth, clean saucepan; place over the fire and heat to boiling point, stirring occasionally until sugar has melted, and then cook without stirring for 6 or 8 minutes, or until the mixture forms a soft ball when tried in cold water. Remove from the fire, cool, add vanilla, and beat until soft and creamy. Pour into a greased tin or plate, and mark off in squares. This can be used as a frosting for cake.

**No. 15 MOLASSES CANDY** **Makes 35 pieces**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Molasses .....	2 C.	640	15	—	444	1882	5.60
Sugar .....	$\frac{1}{2}$ C.	100	—	—	100	410	1.50
Oleo .....	1 T.	12	*	10	—	93	.60
Soda .....	pinch						
Vinegar .....	1 T.						
TOTAL (cooked) .....	35 pieces	560	15	10	544	2385	7.70
1 Serving .....	3½ pieces	56	2	1	54		.77
Calories per serving....			8	9	221	238	

*Directions:*

Put molasses, sugar, oleo, and vinegar into a kettle or stewpan, and let mixture boil until brittle when tried in cold water. Add soda just before taking from fire, and vanilla if desired; stir well and pour out into a buttered dish. When cool enough to handle, pull until light colored. Cut in sticks or small pieces. Wrap in wax paper to keep. Peppermint or wintergreen may be used for flavoring, or nuts added, and the candy cut in squares instead of pulling.

**No. 16 PEANUT CANDY****Makes 25 pieces 1½ inches square**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Sugar .....	1 C.	200	—	—	200	820	2.50
Peanuts (shelled) .....	½ C.	70	18	27	17	395	5.00
TOTAL (cooked) .....	25 pieces	250	18	27	217	1215	7.50
1 Serving .....	2½ pieces	25	2	3	22	121	.75
Calories per serving....			8	28	86	122	

**Directions:**

Shell and chop 1 pint of peanuts. Put the sugar in a clean frying pan; place over the fire, and stir constantly until sugar melts and becomes light brown in color. Stir the chopped nuts in quickly, and pour at once into tin plate or pan. There is no need to grease the tin, as this candy does not stick. When candy is partly cool, cut in squares. Any nuts may be used in place of the peanuts. If the sugar is dried in the oven before it is melted in the frying pan, the candy cooks quicker.

**No. 17 PENUCHI****Makes 25 pieces 1½ inches square**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Brown sugar .....	2 C.	300	—	—	285	1169	3.32
Milk .....	¾ C.	183	6	7	9	127	1.80
Peanuts .....	½ C.	70	18	27	17	395	5.00
Butter substitute .....	1 T.	12	*	10	—	93	.63
Vanilla.....	½ t.						1.00
TOTAL (cooked) .....	25 pieces	400	24	44	311	1784	11.75
1 Serving .....	2½ pieces	40	2	4	31		1.18
Calories per serving....			8	37	127	172	

**Directions:**

Boil together sugar and milk until mixture forms a soft ball when tried in cold water. Remove from the fire; add butter substitute and vanilla; cool, and beat until mixture is soft and creamy. Stir in nuts, pour into a greased tin or plate, and mark off in squares.

**No. 18 CRACKED WHEAT**
**Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Salt .....	2 t.						
Cracked wheat (scant)...	1½ C.	265	29	5	200	985	2.9
Water (boiling) .....	6 C.						
TOTAL (cooked) .....	5 C.	1230	29	5	200	985	
1 Serving .....	1 C.	246	6	1	40		.6
Calories per serving....			25	9	164	198	

**Directions:**

Into boiling, salted water stir the grain slowly to prevent lumping. If a double boiler is used, it is advisable, though not necessary, to cook the cereal over the fire for 5 minutes; then cover, and replace the saucepan over boiling water in the lower part of the double boiler, and cook for 5 hours. If a fireless cooker is used, the cereal can be cooked overnight. The cereal should be cooked over the fire 10 minutes, and the vessel placed in the cooker as quickly as possible, and allowed to remain for about 12 hours, or overnight, and reheated the next morning. With the double boiler, it may be put on to cook at supper time, and left on the back of the stove all night, or put on to cook any time during the day and reheated in the morning.

**No. 19 CREAM OF WHEAT**
**Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Salt .....	1½ t.						
Cream of wheat .....	1½ C.	220	23	4	167	816	3.96
Water (boiling) .....	5 C.						
TOTAL (cooked) .....	5 C.	1250	23	4	167		
1 Serving .....	1 C.	250	5	1	33		.80
Calories per serving....			21	9	135	165	

**Directions:**

Into boiling, salted water stir the cereal slowly to prevent lumping, and cook for 40 minutes.  
See Recipe No. 18.

**No. 20 FARINA****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Salt .....	1½ t.						
Farina .....	1½ C.	225	25	3	172	836	2.5
Water (boiling) .....	6-7 C.						
TOTAL (cooked) .....	5 C.	1250	25	3	172	836	
1 Serving .....	1 C.	250	5	1	34		.5
Calories per serving ....			21	9	139	169	

**Directions:**

Into boiling, salted water stir cereal slowly to prevent lumping, and cook for 45 minutes.

See Recipe No. 18.

**No. 21 HOMINY****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Salt .....	1½ t.						
Hominy .....	1½ C.	202	17	1	160	735	1.4
Water (boiling) .....	5 C.						
TOTAL (cooked) .....	5 C.	1225	17	1	160	735	
1 Serving .....	1 C.	245	3	*	32	147	.3
Calories per serving ....			12	*	131	143	

**Directions:**

Into boiling, salted water stir the cereal slowly to prevent lumping, and cook for 4 hours.

See Recipe No. 18.

**No. 22 CORN MEAL****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Salt .....	2 t.						
Corn meal (scant) .....	1½ C.	230	21	4	173	833	1.6
Water (boiling) .....	5-6 C.						
TOTAL (cooked) .....	5 C.	1285	21	4	173	833	1.6
1 Serving .....	1 C.	257	4	1	35		.3
Calories per serving ....			16	9	144	169	

**Directions:**

First mix the cereal thoroughly till smooth with a little cold water to avoid lumping, and stir slowly into boiling, salted water, and cook for 3 hours.

See Recipe No. 18.



**No. 23 FRIED CORN MUSH***Directions:*

Pour cooked corn meal (Recipe No. 22) into greased baking powder tins; cool, cover, and, when ready to use, cut in  $\frac{1}{2}$ -inch slices and fry in hot salt pork fat or drippings. Serve with syrup, or if with meat, as a vegetable without the syrup. Hominy may also be prepared in the same way. Allow about  $\frac{1}{2}$  cup cooked cereal for each person served.

**No. 24 ROLLED OATS****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Salt.....	2½ t.						
Rolled oats .....	2½ C.	175	29	13	116	715	1.57
Water (boiling) .....	5-6 C.						
TOTAL (cooked) .....	5 C.	1250	29	13	116	715	1.57
1 Serving .....	1 C.	250	6	3	23		.30
Calories per serving....			25	28	94	147	

*Directions:*

Into boiling, salted water stir the cereal slowly to prevent lumping, and cook for 1 hour.  
See Recipe No. 18.

**No. 25 OATMEAL CAKES****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Oatmeal (cooked) .....	4 C.	1000	23	10	93	569	1.20
Egg .....	1	50	7	5	—	75	2.00
TOTAL (cooked) .....	6 cakes	800	30	15	93	644	3.20
1 Serving .....	1 cake	133	5	3	16		.53
Calories per serving....			21	28	66	115	

*Directions:*

Put left-over oatmeal into a small mold, and stand away to harden. When ready to use, turn it out and cut it in slices  $\frac{1}{2}$  inch thick, in strips about 1 inch wide. Dip in egg, and fry. Dust with sugar, and serve for dessert or eat plain as meat course.

**No. 26 BOILED MACARONI****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Macaroni .....	1½ C.	150	20	1	111	546	3.0
Boiling water .....							
TOTAL (cooked) .....	6 C.	600	20	1	111	546	3.0
1 Serving .....	1 C.	100	3	*	19		.5
Calories per serving ....			12		78	90	

**Directions:**

Break macaroni into pieces 1 inch or longer; cover with boiling, salted water and cook until tender, usually 20 minutes or thereabouts. Drain, turn into a colander, place under the cold water faucet, and let the cold water run through the macaroni until it is white and free from all the stickiness usually found when freshly boiled. Serve with cream sauce or season with salt and pepper and a little oleo.

**No. 27 MACARONI AND CHEESE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Cooked macaroni (No. 26) .....	8 C.	800	27	2	148	736	4.00
White sauce (No. 89) ....	2 C.	480	20	61	45	834	7.86
Grated cheese .....	½ C.	50	1	18	*	225	2.40
TOTAL (cooked) .....	6 C.	1200	61	81	193	1795	14.26
1 Serving .....	1 C.	200	10	14	32		2.38
Calories per serving ....			41	130	131	302	

**Directions:**

Grease a pudding dish, put in a layer of cooked macaroni, spread with grated cheese and white sauce, and repeat until dish is full, having a layer of cheese on top. Place in oven until cheese melts, and serve hot. Bread crumbs may be sprinkled over the top and browned. Tomato sauce may be used in place of the white sauce, but the food then has a lower caloric value.

**No. 28 MACARONI CROQUETTES****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Macaroni .....	1 C.	100	13	*	74	357	2.00
Milk .....	1 C.	244	8	10	12	175	2.50
Oleo .....	1 T.	12	*	10	—	93	.63
Flour.....	2 T.	14	2	*	10	49	.16
Egg .....	1	50	7	5	—	75	2.00
Salt and pepper.....	To season						
TOTAL (cooked) .....	10 croqu't's	550	30	26	96	749	7.29
1 Serving .....	2 croqu't's	110	6	5	19		1.46
Calories per serving....			25	47	78	150	

**Directions:**

Cook  $\frac{1}{2}$  package of macaroni in boiling, salted water until tender; then drain and chop fine. Heat 1 cup of milk, and when hot, stir into it a paste made from the oleo or fat and flour. Add salt and pepper and cook until thick, stirring constantly. Beat the egg yolk well, and gradually pour onto it the hot milk mixture. Return to the double boiler, and cook a few minutes longer. Add chopped macaroni; remove from the fire, and when cool, shape. Beat the egg white slightly; dip the croquettes first in crumbs, then in the egg white, then in crumbs again. Fry in deep, hot fat to a golden brown. Serve with cheese sauce.

**No. 29 RICE, STEAMED****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Rice .....	1 $\frac{1}{2}$ C.	250	20	1	198	903	5.0
Boiling water .....	$\frac{1}{2}$ C.						
TOTAL (cooked) .....	5 C.	1000	20	1	198	903	5.0
1 Serving .....	1 C.	200	4		40		1.0
Calories per serving....			16	*	164	180	

**Directions:**

Put rice in strainer and let cold water run over it several times. Then add washed rice to the boiling, salted water (1 $\frac{1}{2}$  t. salt), and let it cook 2 or 3 minutes, stirring with a fork to prevent its sticking; place over boiling water, and let it cook 45 minutes, or until kernels are soft; uncover, and stir gently with a fork to let the steam escape.

**No. 30 RICE CAKES****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Boiled rice .....	4 C.	800	16	1	158	723	4.00
Eggs .....	2	100	13	11	—	156	4.00
Sugar .....	2 T.	20	—	—	20	82	.30
<b>TOTAL (cooked) .....</b>	<b>10 cakes</b>	<b>800</b>	<b>29</b>	<b>12</b>	<b>178</b>	<b>961</b>	<b>8.30</b>
<b>1 Serving .....</b>	<b>2 cakes</b>	<b>160</b>	<b>6</b>	<b>2</b>	<b>36</b>		<b>1.66</b>
Calories per serving....			25	19	148	192	

**Directions:**

To boiled rice add eggs, sugar, and a sprinkling of nutmeg. (If not soft enough, add a little milk or melted oleo.) Shape into flat cakes about  $\frac{1}{2}$  inch thick. Roll in bread crumbs and fry in deep fat or brown in just a little fat. Serve with brown sugar syrup.

**No. 31 RICE AND CHEESE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Rice.....	1 C.	200	16	1	158	723	4.00
Cheese (grated) .....	2 C.	200	58	72	1	912	9.60
<b>TOTAL (cooked) .....</b>	<b>18 h. T.</b>	<b>834</b>	<b>74</b>	<b>73</b>	<b>159</b>	<b>1635</b>	<b>13.60</b>
<b>1 Serving .....</b>	<b>3 h. T.</b>	<b>139</b>	<b>12</b>	<b>12</b>	<b>27</b>		<b>2.27</b>
Calories per serving....			49	112	111	272	

**Directions:**

Steam rice according to Recipe No. 29, and arrange in layers in a greased pudding dish, with grated cheese between and on top. Place in oven until cheese melts and rice is thoroughly heated. If left-over boiled rice is on hand, use about 4 cups.

**No. 32 SCALLOPED RICE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Boiled rice .....	3 C.	600	12	*	119	537	3.00
Tomatoes .....	$\frac{1}{2}$ C.	150	2	*	6	33	1.50
Butter substitute .....	1 T.	12	*	10	—	93	.45
Bread crumbs .....	$\frac{1}{2}$ C.	40	5	1	24	128	.75
Salt and pepper.....	To season						
<b>TOTAL (cooked) .....</b>	<b>3 C.</b>	<b>960</b>	<b>19</b>	<b>12</b>	<b>149</b>	<b>791</b>	<b>5.70</b>
<b>1 Serving .....</b>	<b><math>\frac{1}{2}</math> C.</b>	<b>160</b>	<b>3</b>	<b>2</b>	<b>25</b>		<b>.95</b>
Calories per serving....			72	19	103	134	

**Directions:**

Arrange alternate layers of boiled rice (No. 29) and fresh or canned tomatoes in a baking dish; season with salt and pepper, cover with bread crumbs and a few dots of butter substitute or oleo, and bake until well heated through and the crumbs are browned.

**No. 33 CHEESE FONDUE**
**Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk .....	2 C.	488	16	20	24	350	5.00
Bread .....	1½ C.	170	15	3	91	463	3.40
Cheese .....	1½ C.	170	49	61	1	772	7.99
Butter substitute .....	2 T.	24	*	20	—	186	.90
Egg .....	1	50	7	5	—	75	2.00
Soda crackers .....	10	60	6	6	44	261	1.31
Salt and pepper .....	To season						
TOTAL (cooked) .....	3¾ C.	910	93	115	160	2107	20.60
1 Serving .....	¾ C.	182	19	23	32		4.12
Calories per serving....			78	214	131	423	

**Directions:**

Break dry bread into small pieces or cut it in 1 inch squares, and soak in milk until soft. Melt butter substitute and add cheese. When cheese has melted, add the soaked bread, egg slightly beaten, and seasoning. Cook a short time, until mixture thickens, and serve on soda crackers, toast, or plain. Or grease custard cups or pudding dish, put in mixture, and brown in oven.

**No. 34 APPLE BETTY**
**Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Apples .....	7	750	3	4	107	488	8.3
Bread crumbs .....	2½ C.	180	21	3	110	565	3.4
Milk .....	¾ C.	183	6	7	9	127	1.8
Butter substitute .....	1½ T.	18	*	15	—	140	.7
Sugar .....	4 T.	40	—	—	40	164	.4
Cinnamon .....	½ t.						.1
TOTAL (cooked) .....	12 h. T.	930	30	29	266	1484	14.7
1 Serving .....	2 h. T.	155	5	5	44		2.5
Calories per serving....			21	47	180	248	

**Directions:**

Grease a pudding dish, cover bottom of dish with stale bread crumbs, add a layer of sliced, peeled apples, sprinkle with sugar and cinnamon; then add another layer of crumbs, then apples, etc., until dish is full; pour enough milk through the pudding to moisten it (about ¾ cup) before putting on top layer of crumbs. Place 4 or 5 dots of butter substitute on top, cover pudding with a plate; bake until apples are tender, then remove plate and brown crumbs. If apples are juicy, milk may be omitted, as the juice from the fruit will be sufficient. In this case the pudding should be served with cold milk in order to keep the food value the same. Molasses may be used instead of sugar to sweeten and moisten the pudding, and gives an especially nice flavor.

**No. 39 CHOCOLATE PUDDING****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Cornstarch .....	4 T.	38	—	—	34	139	.50
Milk .....	3½ C.	915	30	37	46	656	9.30
Sugar .....	½ C.	125	—	—	125	513	1.60
Cocoa .....	2½ T.	18	4	5	7	92	1.48
Salt .....	½ t.						
Vanilla .....	½ t.						1.00
TOTAL (cooked) .....	10 h. T.	775	34	42	212	1400	13.88
1 Serving .....	2 h. T.	155	7	8	42		2.77
Calories per serving....			29	74	172	275	

**Directions:**

Heat 3 cups of milk in the double boiler. Mix cornstarch, sugar, cocoa, and salt; rub to a smooth paste with the rest of the cold milk; then add to hot milk, stirring constantly to prevent lumping. Cook over hot water for 20 minutes; add vanilla, and pour into a cold, wet bowl.

This pudding is not quite so stiff as the cornstarch pudding, but may be made firmer by using more cornstarch.

**No. 40 CHOCOLATE FARINA PUDDING****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk .....	2 C.	488	16	20	24	350	5.00
Sugar .....	½ C.	100	—	—	100	410	1.30
Cocoa .....	2 T.	14	3	4	5	70	1.20
Eggs .....	2	100	13	11	—	156	4.00
Cooked farina .....	1 C.	250	5	1	34	169	.50
Vanilla .....	½ t.						1.00
TOTAL (cooked) .....	15 h. T.	708	37	36	163	1155	13.00
1 Serving .....	3 h. T.	141	7	7	33		2.60
Calories per serving....			29	65	135	229	

**Directions:**

Put milk in double boiler, and when hot, add sugar and cocoa mixed with a little water; stir well, and gradually add cold, left-over farina, and lastly beaten eggs and vanilla. Turn into baking dish and brown in oven.

To vary the dish, the whites of the eggs may be left out and the pudding baked without them. They should be beaten stiff with 2 T. of sugar, and spread over the pudding 5 or 10 minutes before it is done, and then the pudding put on the top grate of the oven till lightly browned. Bread pudding, tapioca, and various other baked puddings containing eggs may be prepared in this fashion.

**No. 41 COTTAGE PUDDING****Serves 7***Directions:*

Make plain cake according to Recipe No. 7; serve hot with hot lemon sauce (Recipe No. 88). This makes an excellent pudding. A portion equals 2 pieces of cake and 4 T. of sauce.

**No. 42 CORNSTARCH PUDDING****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Cornstarch .....	4 T.	38	—	—	34	139	.50
Sugar .....	6 T.	62	—	—	62	254	.70
Milk .....	2½ C.	610	20	24	31	432	5.10
Vanilla .....	½ t.						1.00
TOTAL (cooked) .....		550	20	24	127	825	7.30
1 Serving .....	2 h. T.	110	4	5	25		1.46
Calories per serving....			16	47	103	166	

*Directions:*

Scald milk; mix cornstarch, sugar, and salt (½ t.) with a little cold water, and add to scalded milk. Cook over hot water 20 minutes, stirring most of the time. Add vanilla, and pour into a cold, wet bowl or tin. When cold, turn out and serve.

Be sure to cook long enough after adding the cornstarch, even though the mixture becomes thick quickly. This slow cooking improves the flavor and does away with the starchy taste so often noticed in cornstarch desserts.

**No. 43 CREAM TAPIOCA PUDDING****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk .....	4 C.	976	32	39	49	695	10.0
Eggs .....	2	100	13	11	—	155	4.0
Tapioca (pearl) .....	6 T.	84	*	—	74	303	1.1
Sugar .....	6 T.	60	—	—	60	246	.7
Salt .....	½ t.						
Vanilla .....	½ t.						1.0
TOTAL (cooked) .....	24 h. T.	954	45	50	183	1399	16.8
1 Serving .....	4 h. T.	159	8	8	30		2.8
Calories per serving....			33	74	123	230	

*Directions:*

Put tapioca, salt, and milk in double boiler and cook until the tapioca is transparent, stirring occasionally. Mix together egg yolks and sugar. Remove tapioca from fire; let cool a little, and add eggs and flavoring. Turn into a greased pudding dish; make a meringue of the whites of the eggs by beating them stiff; spread over pudding, and bake till pudding is browned. Or yolks and whites of eggs may be added together, and pudding baked till brown without the meringue.

**No. 44 CUSTARD****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk .....	3 C.	732	24	29	37	520	7.5
Eggs .....	3	150	20	16	—	231	6.0
Sugar .....	$\frac{1}{2}$ C.	75	—	—	75	308	.8
Salt .....	$\frac{1}{4}$ t.						
Nutmeg .....	Grating						
TOTAL (cooked) .....	12 h. T.	804	44	45	112	1059	14.3
1 Serving .....	2 h. T.	134	7	8	19		2.4
Calories per serving....			29	74	78	181	

**Directions:**

Beat eggs slightly; add sugar, milk, and salt; pour into a greased pudding dish or cups; grate nutmeg over the top; set pudding dish in a pan of hot water, and bake slowly until pudding is firm. Try with a knife blade; if it comes out clean, the custard is done. During the baking, care must be taken that water surrounding pudding does not boil. Serve cold.

**No. 45 STEAMED FRUIT PUDDING****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Suet .....	$\frac{1}{2}$ C.	110	5	90	—	858	2.50
Raisins .....	$\frac{1}{2}$ C.	80	2	3	61	286	2.00
Flour .....	$2\frac{1}{2}$ C.	313	34	3	234	1127	3.40
Soda .....	1 t.						
Salt .....	$1\frac{1}{2}$ t.						
Molasses .....	1 C.	320	8	—	222	943	2.80
Cinnamon .....	$\frac{1}{2}$ t.						
Ground clove .....	$\frac{1}{4}$ t.						.10
Nutmeg .....	Grating						
Milk .....	1 C.	244	8	10	12	175	2.50
TOTAL (cooked) .....	12 slices	960	57	106	529	3389	13.30
1 Serving .....	2 slices	160	10	18	88		2.21
Calories per serving....			41	167	361	569	

**Directions:**

Take skin off suet; wipe, chop, and sprinkle with some of the flour. Then sift soda and other dry ingredients into the sifted flour; rub in the suet; add raisins, molasses, and milk. Mix and beat well. Pour the mixture into a well-greased lard pail or into baking powder tins, not filling more than two-thirds full. Grease and put on the cover; set pail on a piece of iron or tin in a kettle containing enough boiling water to come halfway to the top. Cover the kettle and steam pudding for at least 2 hours. The water must not stop boiling, and more boiling water must be added from the tea kettle as it boils away. Serve hot with sauce. The raisins may be omitted.



**No. 46 FRUIT SHORTCAKE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Baking powder biscuit (Recipe No. 4).....	6 biscuits	360	31	40	180	1237	6.5
Sugar.....	$\frac{1}{2}$ C.	100	—	—	100	410	1.3
Oleo.....	3 T.	36	*	31	—	288	1.9
Strawberries.....	1 box	450	4	3	32	176	10.0
TOTAL.....	6 pieces	946	35	74	312	2111	19.7
1 Serving.....	1 piece	158	6	12	52		3.3
Calories per serving....			25	112	213	350	
With orange and banana instead of berries:							
Oranges.....	2	400	3	1	46	210	5.0
Bananas.....	2	200	3	1	44	202	2.5
TOTAL.....	6 pieces	1096	37	73	370	2347	17.2
1 Serving.....	1 piece	183	6	12	62		2.9
Calories per serving....			25	112	254	391	

**Directions:**

Make baking powder biscuit dough (Recipe No. 4); toss on a floured board, pat out  $\frac{1}{4}$  of an inch thick, put in a floured tin plate or shallow pan, and bake in a quick oven. When done, split open, spread with oleo, and cover with berries or other fruit which has been slightly crushed and sweetened to taste. Put the two halves together and spread more of the sweetened fruit on top. Serve hot. Any fresh or canned fruit may be used, or dried peaches or apricots, stewed. Sliced oranges and bananas are also very nice.

**No. 47 BAKED INDIAN PUDDING****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk (scalded).....	4 C.	976	32	39	49	695	10.00
Corn meal.....	$\frac{1}{2}$ C.	40	4	1	30	149	.30
Molasses.....	$\frac{1}{2}$ C.	160	4	—	111	472	1.40
Salt.....	$\frac{1}{2}$ t.						
Ginger.....	$\frac{1}{2}$ t.						
TOTAL (cooked).....	12 h. T.	850	40	40	190	1316	11.70
1 Serving.....	2 h. T.	142	7	7	32		1.95
Calories per serving....			29	63	131	225	

**Directions:**

Pour scalded milk slowly on the corn meal; cook in the double boiler 20 minutes; add molasses, salt, and ginger. Pour into a greased pudding dish and bake 2 hours in a slow oven. Serve plain with milk or lemon sauce.

**No. 48 JUNKET****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk .....	2½ C.	610	20	24	31	432	5.10
Sugar .....	2 T.	20	—	—	20	82	.26
Junket tablet .....	½						.50
TOTAL (cooked) .....	2½ C.	630	20	24	51	514	5.86
1 Serving .....	½ C.	126	4	5	10		1.17
Calories per serving....			16	47	41	104	

*Directions:*

Heat milk till lukewarm; add sugar and tablet, which has first been thoroughly dissolved in a teaspoonful of water. Mix well; flavor with a few drops of vanilla or a grating of nutmeg; pour into cups, cover, and let stand in warm place till the mixture jellies. Keep in a cold place till ready to serve.

**No. 49 PRUNE JELLY****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Prunes .....	¾ C.	150	3	—	93	394	3.30
Gelatine .....	2 T.	16	15	—	—	62	6.00
Sugar .....	1 C.	200	—	—	200	820	2.50
Lemon juice .....	¼ C.	60	—	—	6	25	2.50
Water .....							
TOTAL (cooked) .....	10 h. T.	1000	18	—	299	1301	14.30
1 Serving .....	2 h. T.	200	4	—	60		2.86
Calories per serving....			16	—	246	262	

*Directions:*

Wash prunes and soak overnight in cold water. Boil in same water till tender; stone and cut in quarters, saving water. Take ¼ package of Knox's gelatine (granulated), and soak in ½ cupful of water 15 minutes. Add enough boiling water to prune water to make 2 cups, and pour over soaked gelatine; then add sugar and juice of about 2 lemons. Strain and add cut prunes. Pour mixture into wet mold or crockery dish to set. Stir once or twice while cooling to prevent fruit from settling at the bottom of the dish. Serve cold.

**No. 50 PRUNE LOAF****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Prunes .....	1½ C.	225	4	—	140	590	5.00
Sugar .....	½ C.	100	—	—	100	410	1.30
Baking powder biscuit (Recipe No. 4) .....	6 biscuits	360	31	40	180	1237	6.50
TOTAL (cooked) .....		900	35	40	420	2237	12.80
1 Serving .....	½	150	6	7	70		2.13
Calories per serving....			25	65	287	377	

*Directions:*

Wash, soak, and cook prunes in a little water till tender enough to remove stones. Cut prunes in quarter or mash, and add sugar. Make baking powder biscuit dough (see Recipe No. 4); roll out thin, and over this spread the mashed and sweetened prunes. Roll over like a jelly roll, turning up the ends to prevent filling from running out. Place in greased bread tin, and baste with a little water and sugar. Bake until crust is brown. Left-over stewed prunes may be used, about 1½ cups. Raspberry jam, strawberry preserve, or any other cooked fruit may be used.

**No. 51 RICE PUDDING****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk .....	4 C.	976	32	39	49	695	10.00
Rice .....	½ C.	70	6	*	55	250	1.40
Sugar .....	½ C.	100	—	—	100	410	1.30
Salt .....	½ t.						
TOTAL (cooked) .....	12 h. T.	800	38	39	204	1355	12.70
1 Serving .....	2 h. T.	133	6	7	34	227	2.11
Calories per serving....			25	65	139	229	

*Directions:*

Wash rice and put it in a greased pudding dish with sugar, salt, and milk. Mix well, and let stand for ½ hour or more; then bake in a very slow oven for about 3 hours, stirring often at first. The pudding may be flavored with a grating of nutmeg if liked, and served either hot or cold. Less sugar may be used. If the oven is too hot, the rice will be heavy and uncooked; see that the heat is only moderate and the cooking slow.

**No. 57 SALMON LOAF****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Salmon.....	3 C.	400	87	48	—	803	14.00
Rice (boiled).....	3 C.	600	17	1	146	678	3.00
White sauce (Recipe No. 89) .....	2 C.	480	20	61	45	834	7.86
TOTAL (cooked) .....	6 C.	1440	124	110	191	2315	24.86
1 Serving .....	1 C.	240	21	18	32	—	4.14
Calories per serving....			86	167	131	384	

**Directions:**

Line a greased dish with boiled rice about  $\frac{1}{2}$  inch thick. Pick over a can of salmon, place in center of dish, cover with rice, and heat thoroughly in the oven. Turn onto a platter and serve with thick white sauce around it. If boiled rice is not on hand, boil about  $\frac{1}{2}$  cup.

**No. 58 APPLE SAUCE****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Apples .....	6	600	2	3	85	385	6.6
Sugar .....	7 T.	70	—	—	70	287	.7
Water .....							
TOTAL (cooked) .....	15 h. T.	625	2	3	155	672	7.3
1 Serving .....	3 h. T.	125	*	1	31	—	1.5
Calories per serving....			—	9	127	136	

**Directions:**

Pare, quarter, and core tart, juicy apples; cover with water and cook until apples are tender, having a hot fire so that apples may cook rapidly. Mash smooth with a wooden spoon; sweeten to taste and cook enough longer to dissolve the sugar.

**No. 59 APPLE SAUCE, DRIED APPLES****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Apples .....	1 $\frac{1}{2}$ C.	150	2	3	99	442	4.3
Sugar .....	$\frac{1}{2}$ C.	50	—	—	50	205	.6
Water .....							
TOTAL (cooked) .....	20 h. T.	887	2	3	149	647	4.9
1 Serving .....	4 h. T.	177	*	1	30	—	1.0
Calories per serving....			*	9	123	132	

**Directions:**

Wash apples, and soak overnight, or for 6 or 8 hours. Cover with water, add sugar, and cook till soft.

Unless fresh apples sell for 2 cents a pound or less, it is cheaper to use dried apples for sauce or pudding. A larger portion must be served, however, to obtain the same food value as in fresh apples.

**No. 60 BAKED APPLES****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Apples (large).....	6	900	3	3	97	438	6.60
Sugar.....	6 T.	60	—	—	60	246	.70
Water .....	6 T.						
TOTAL (cooked) .....	6	810	3	3	157	684	7.30
1 Serving .....	1	135	1	1	26	—	1.21
Calories per serving....			4	9	107	120	

*Directions:*

Wash and core about 2 pounds of tart, large apples. Place them in a baking dish with a tablespoonful of sugar in center of each apple. Put 1 tablespoonful of water for each apple in the bottom of the pan. Bake in a hot oven till apples are soft, basting often with the syrup in the pan. Serve either hot or cold. For variety, the centers may be filled with a few chopped raisins and nuts or a spoonful of marmalade. This will raise the value and increase the cost.

**No. 61 APRICOT SAUCE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Apricots .....	2½ C.	340	16	3	213	967	10.50
Sugar .....	½ C.	75	—	—	75	308	.80
TOTAL (cooked) .....	18 h. T.	900	16	3	288	1275	12.30
1 Serving .....	3 h. T.	150	3	1	48	—	2.05
Calories per serving....			12	9	197	218	

*Directions:*

Wash and soak overnight about ½ pound of fruit, and cook next morning in the same water. If there is not enough to cover fruit, add more. When fruit is soft, remove it from saucepan, and add sugar to liquid. Cook till thick and pour over fruit. This makes a nice, syrup-like juice. Dried peaches may be prepared in the same way. The analysis is not given, because it could not be obtained.

**No. 62 BAKED BANANA****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Bananas .....	5	500	7	3	110	508	6.25
Sugar.....	5 T.	50	—	—	50	205	.65
TOTAL (cooked) .....	5	500	7	3	160	713	6.90
1 Serving .....	1	100	1	1	32	—	1.38
Calories per serving....			4	9	131	144	

*Directions:*

Peel the bananas, cut lengthwise into halves, place in baking pan, sprinkle with sugar, and bake in a moderately hot oven for about 15 minutes. Serve hot. A little lemon juice improves the flavor.

**No. 63 DATE AND PRUNE SAUCE****Serves 9**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Dates .....	2½ C.	450	9	11	317	1439	10.00
Prunes .....	2½ C.	450	8	—	280	1181	10.00
TOTAL (cooked) .....	4 C.	1100	17	11	597	2620	20.00
1 Serving .....	3 h. T.	123	2	1	66	—	2.22
Calories per serving....			8	9	271	288	

**Directions:**

Soak prunes overnight or for a couple of hours; cook in same water; remove stones and add dates, cleaned and stoned. Cook mixture until thick, and add a little lemon juice for flavoring if desired.

Use 1 pound each of dates and prunes, or cook a larger amount and put up in jars.

**No. 64 PRUNE SAUCE****Serves 10**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Prunes .....	2½ C.	450	8	—	280	1181	10.00
Sugar .....	6 T.	60	—	—	60	246	.70
TOTAL (cooked) .....	50 prunes	1250	8	—	340	1427	10.70
1 Serving .....	5 prunes and syrup	125	1	—	34	—	1.07
Calories per serving....			4	—	139	143	

**Directions:**

Wash prunes and soak overnight in cold water. In the morning cook slowly in same water (if there is not enough to cover fruit, add more) until prunes are tender. Add sugar to taste. Some people do not add sugar, as they consider the prunes sweet enough. If sugar is added, take out prunes and boil juice and sugar till it is like a thin syrup; then pour it over the fruit. A little lemon may be added for flavoring.

**No. 65 RHUBARB SAUCE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Rhubarb .....	3 C.	400	2	3	14	94	3.00
Sugar .....	1 C.	200	—	—	200	820	2.50
TOTAL (cooked) .....	12 h. T.	540	2	3	214	914	5.50
1 Serving .....	2 h. T.	90	*	1	36	—	.91
Calories per serving....			—	9	148	157	

**Directions:**

Wash and cut in pieces about 1 inch long a pound of rhubarb. Put it in a stewpan with sugar and a very little water ( $\frac{1}{2}$  cup). Cook about  $\frac{1}{2}$  hour or until fruit is tender. There is so much water in the rhubarb that very little need be used in cooking.

**No. 66 CORNED BEEF AND CABBAGE**
**Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Corned beef (brisket)....	2 pounds	900	165	223	—	2750	40.00
Cabbage.....	1½ pounds	850	13	3	49	282	10.00
TOTAL (cooked) .....		1000	178	226	49	3032	50.00
1 Serving .....	2 sl. meat & 3 h. T. cab.	200	36	45	10	—	10.00
Calories per serving....			148	419	41	608	

**Directions:**

For 5 people buy about 2 pounds of brisket, which when cooked only equals about 1½ pounds, due to loss of weight in cooking. Cover meat with boiling water and cook slowly until tender, about 3 hours. Take out the meat and boil the cabbage in the liquor in which the meat was cooked. Serve meat and cabbage together.

Flank can be used instead of brisket, which would reduce the cost to 5 cents per person. This would also furnish less protein per person (14 grams instead of 18), but this deficiency could be made up in some other way.

**No. 67 BRAISED BEEF**
**Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Meat.....	1½ pounds	675	132	142	—	1862	24.00
Flour.....	3 T.	21	2	*	16	74	.23
Onion.....	1	90	1	*	9	41	.39
Water.....							
TOTAL (cooked) .....	6 slices	600	135	142	25	1977	24.62
1 Serving .....	1 slice	100	23	24	4	—	4.10
Calories per serving....			94	223	16	333	

**Directions:**

Wipe a thin slice of steak clean with a damp cloth, brush over with flour, and cut in pieces. Season with salt and pepper, place in a baking dish with a little water and a sliced onion; cover and bake till tender. Vegetables may be added and cooked with the meat.

### No. 68 FLANK STEAK, STUFFED AND BAKED WITH VEGETABLES Serves 6

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Meat .....	1½ pounds	600	118	127	—	1665	19.00
Onions .....	1½	180	3	1	18	95	.77
Turnips .....	3 C.	320	4	1	26	132	2.50
Carrots .....	1½ C.	220	2	1	20	100	1.60
Bread crumbs .....	1½ C.	120	14	2	73	375	2.40
Salt and pepper .....	To season						
TOTAL (cooked) .....		1900	141	132	137	2367	26.27
1 Serving .....	1 sl. meat & 1 C. veg.	317	24	22	23	—	4.38
Calories per serving....			98	205	94	397	

**Directions:**

Wipe the steak clean with a damp cloth; lay the meat flat on a board; moisten bread crumbs with stock or hot water, add about 1 t. salt and ½ t. pepper, onion chopped fine, and chopped parsley if you have it. Spread this mixture evenly on the meat; then roll with the grain so that when sliced it will be cut across the grain. Tie with twine, turning in the ends of the meat. Dice an onion, the carrots and turnips, and lay them in the baking pan; then put in the roll of meat and pour in enough stock or water to cover the vegetables. Cover the pan and place it in a slow oven to cook till meat is tender and vegetables soft.

### No. 69 POT ROAST Serves 1

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
1 Serving (cooked) .....	1½ sl.	150	41	12	—	280	10.00
Calories per serving....			168	112	—	280	

**Directions:**

For 6 people buy 3 pounds of meat to allow for loss of weight in cooking, or, if possible, a heavier piece, which will cook better and allow for left-over scalloped meat or meat pie. In this case the additional cost may be figured on the next meal. Buy the top of the round, as it is clear meat and there is no waste.

Sear the meat on all sides in fat; add water, cover the pot, and cook on the back of the stove or in the oven for 3 hours.

Vegetables may be added for flavor.



**No. 70 ROAST LAMB (forequarter) Serves 1**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
1 Serving (cooked).....	1 slice with- out bone	90	20	27	—	333	11.00
Calories per serving....			82	251	—	333	

**Directions:**

For 5 people buy about 3 pounds of lamb, as the meat loses weight in cooking, and when roasted only weighs about 900 grams. Of this, about half is bone and fat, so that each person only gets about 90 grams of solid meat.

Parboil meat first in boiling water for about 1 hour to make it tender. Remove from water; drain, place in baking pan, and dredge with salt, pepper, and flour. Bake until tender, basting frequently with the water in which it was boiled. This usually takes another hour.

**No. 71 HAMBURG STEAK Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Meat .....	2 C.	450	94	48	—	828	18.00
Cooked .....		300	94	48	—	828	
1 Serving .....	1 cake	50	16	8		138	3.00
Calories per serving....			64	74		138	

**Directions:**

Chop round of beef very fine; season with salt, pepper, and a little chopped onion if desired, and shape into round, flat cakes about 3 inches in diameter. Have frying pan very hot; rub it over with a piece of fat; put in the cakes and let them cook about 5 minutes, turning them at first several times, and then letting them brown on each side. Serve with brown gravy (see Recipe No. 83). Two cups of bread may be added, and will give twice as many cakes as the plain meat.

**No. 72 MEAT BALLS WITH RICE Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Meat .....	3 C.	675	141	72	—	1248	27.00
Boiled rice .....	3 C.	600	12	*	119	537	3.00
Salt and pepper.....	To season						
TOTAL (cooked) .....	10 balls	1050	153	72	119	1785	30.00
1 Serving .....	2 balls	210	31	14	24		6.00
Calories per serving....			127	130	98	355	

**Directions:**

Mix chopped meat with equal part of boiled rice (Recipe No. 29). Shape into cakes and fry as for hamburger steak (see Recipe No. 71), first seasoning with salt and pepper. If the cakes do not stick together, add an egg. This increases the cost 2 cents and raises the food value somewhat, especially the protein.

**No. 73 MEAT LOAF****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Beef .....	2 C.	450	94	48	—	832	18.00
Egg .....	1	50	7	5	—	75	2.00
Bread crumbs .....	$\frac{1}{2}$ C.	40	5	1	24	128	.75
Salt and pepper .....	To season						
TOTAL (cooked) .....	5 slices	520	106	54	24	1035	20.75
1 Serving .....	$\frac{1}{5}$ slice	104	21	11	5		4.15
Calories per serving....			86	102	21	209	

*Directions:*

Have beef from round or shoulder finely chopped, and mix it with bread crumbs, egg slightly beaten, salt, pepper, and a little chopped onion or onion juice if liked. Shape into a roll or loaf, put into a baking pan, and bake 30 minutes, basting frequently with brown gravy (Recipe No. 83) or tomato sauce (Recipe No. 89). Serve with remainder of gravy or sauce.

**No. 74 MEAT PIE, BAKING POWDER CRUST****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Beef .....	2 pounds	900	188	95	—	1654	36.00
Flour .....	4 T.	28	3	*	21	98	.31
Onion .....	1	120	2	*	12	57	.55
Salt and pepper .....	To season						
Water (boiling) .....	2 C.						
Baking powder biscuit (Recipe No. 4) .....		461	31	40	180	1237	6.50
TOTAL (cooked) .....	24 h. T.	1200	224	135	213	3046	43.36
1 Serving .....	4 h. T.	200	37	23	36		7.23
Calories per serving....			152	214	148	514	

*Directions:*

Wipe 2 pounds bottom of the round; cut it in 1-inch pieces, and arrange in layers in a pudding dish, sprinkling each layer with some of the flour mixed with salt and pepper. Add the boiling water, cover closely with an old plate, and cook slowly in the oven for 3 hours, or until meat is tender, but not cooked to pieces. If water boils away, add more. Remove from oven and cover with baking powder biscuit dough (see Recipe No. 4). Roll out dough, cut a hole in the center, and put crust loosely over the top of the meat, having the edge fit closely to the inside of the dish. Put dish back in oven, and bake till crust is brown.

Any remnants of stew or cold meat may be prepared in the same way.

**No. 75 MEAT PIE WITH POTATO CRUST****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Chopped meat .....	2 C.	450	94	48	—	832	18.00
Boiled potatoes (mashed)	5 C.	800	20	1	167	776	3.33
Butter substitute or drip- pings .....	2 T.	24	*	20	—	186	.90
Hot milk .....	$\frac{3}{4}$ C.	162	5	6	8	109	1.66
Brown gravy (Recipe No. 82) .....	$\frac{1}{2}$ C.	—	1	10	5	118	.71
Salt and pepper .....	To season						
TOTAL (cooked) .....	24 h. T.	1350	120	85	180	2021	24.60
1 Serving .....	4 h. T.	225	20	14	30		4.10
Calories per serving....			82	130	123	335	

**Directions:**

Mix cold chopped meat, any kind that is left over, or fresh chopped round if desired, with left-over brown gravy or  $\frac{1}{2}$  of Recipe No. 83, and season with salt and pepper. Take 2 cups of mashed boiled potatoes (left-over or freshly prepared), and add hot milk, drippings or butter substitute, and seasoning, and beat well. Line greased pudding dish with some of the potatoes; in the center place the chopped meat; cover with the rest of the potatoes, and bake in the oven about 20 minutes, or until potato is golden brown. Serve hot.

**No. 76 SCALLOPED MEAT, MACARONI AND TOMATO****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Chopped meat .....	2 C.	450	94	48	—	832	18.00
Cooked macaroni (Recipe No. 26) .....	6 C.	600	20	1	111	546	3.00
Tomatoes .....	$\frac{1}{2}$ can	400	5	1	16	95	4.00
Salt and pepper .....	To season						
TOTAL (cooked) .....	18 h. T.	1140	119	50	127	1473	25.00
1 Serving .....	3 h. T.	190	20	8	21		4.10
Calories per serving....			82	74	86	242	

**Directions:**

Brown an onion, finely chopped, in a small amount of fat in a frying pan, and sear the chopped meat in the same, seasoning with salt and pepper. Line a baking dish with boiled macaroni (see Recipe No. 26), and place meat in center. Pour over all  $\frac{1}{2}$  can of tomatoes or 2 cups of stewed ones. Bake 1 hour in a moderate oven. Left-over cooked meat may be used in place of fresh meat.

**No. 77 MEAT STEW****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Carrots .....	2 C.	360	4	1	33	16	2.50
Potatoes .....	4½ C.	540	12	1	99	464	2.50
Lamb (or beef) .....	2½ pounds	1086	162	228	—	2785	35.00
Flour .....	2 T.	14	2	*	10	49	.16
Water .....	6 C.						
Salt and pepper .....	To season						
TOTAL (cooked) .....	5 C.	1175	180	230	142	3459	40.16
1 Serving .....	1 C.	235	36	46	28		8.00
Calories per serving....			148	428	115	691	

**Directions:**

Have meat cut up (not too small); wash it and put it in kettle of boiling water; cook slowly over low fire for a couple of hours. Add seasoning and potatoes and carrots, which have been scraped or pared and cut in cubes. Cook another half hour or until vegetables are soft. Remove meat and add flour thickened with a little cold water to make gravy; boil up and pour on platter; add more water to gravy if enough is not in the kettle, and a little tomato if desired. Turnips and onions may also be added with the carrots and potatoes, or dumplings made like baking powder biscuits. The dough should be made softer by increasing the liquid to a scant cupful. (Recipe No. 4.) Drop by the spoonful into the boiling stew, and keep closely covered while cooking 12 minutes.

**No. 78 SMOKED SHOULDER****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Meat .....	2½ pounds	1125	179	366	—	4005	53.00
Cooked .....		675	179	366	—	4005	
1 Serving .....	1 sl. with- out bone	135	36	73			10.60
Calories per serving....			148	679		827	

**Directions:**

For 5 people buy about 3½ pounds of shoulder, as this is about as small a shoulder as can be obtained. The loss in cooking and waste due to bone, fat, etc., leaves only about 1½ pounds edible portion. Cover with cold water, heat to boiling point; then cook slowly until tender, about 3 hours.

**No. 79 LETTUCE SALAD****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Lettuce .....	1 head	250	3	1	7	50	5.00
1 Serving .....	4 leaves	50	1	*	1		1.00
Calories per serving....			4		4	8	

*Directions:*

Remove the green, tough leaves from a head of lettuce. Break off the tender leaves one by one, and rinse thoroughly in cold water. Shake off the water and lay the leaves on a piece of cheesecloth, and put the lettuce, wrapped lightly in this cloth, on ice. At serving time, pour over a French or boiled salad dressing, tossing the leaves lightly, so that all are coated with the dressing.

**No. 80 POTATO SALAD****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Boiled potatoes .....	5 C.	750	19	1	157	731	5.00
1 Serving .....	1 C.	150	4	*	31		1.00
Calories per serving....			16		127	143	

*Directions:*

Cut cold boiled potatoes in  $\frac{1}{2}$ -inch cubes; sprinkle with salt and pepper, add a very little onion juice, and mix with a little chopped parsley. Moisten with French salad dressing (Recipe No. 120), and serve plain or on lettuce leaves. If desired, cut up a few cold boiled beets that have stood in vinegar for a short time, and use as a garnish.

**No. 81 VEGETABLE SALAD****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Boiled carrots .....	1 C.	200	1	*	9	41	1.60
Boiled beets .....	1½ C.	260	6	*	19	103	2.50
Boiled potatoes .....	1½ C.	225	6	*	47	217	1.50
Canned peas .....	1 C.	160	6	3	16	118	4.30
Celery .....	1 C.	100	1	*	3	16	1.30
Salt and pepper.....	To season						
TOTAL .....	6 C.	945	20	3	94	495	11.20
1 Serving .....	1 C.	157	3	1	16		1.90
Calories per serving....			12	9	66	87	

*Directions:*

Cut up cold, cooked vegetables—carrots, beets, potatoes, peas, and celery, or carrots, beets, lima beans, and celery, or whatever combination is on hand—and serve on lettuce leaves with boiled or French dressing. If the vegetables are seasoned the first thing in the morning, and mixed with a small quantity of French dressing, covered, and allowed to stand in a cold place, the salad will taste much better. Just before serving, put vegetables on lettuce leaves, and add more French or boiled dressing.

**No. 82 DRAWN BUTTER SAUCE****Serves 8**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Oleo or drippings.....	2 T.	24	*	20	—	186	1.27
Flour .....	2 T.	14	2	—	10	49	.16
Water.....	1 C.						
Salt and pepper.....	To season						
TOTAL (cooked) .....	1 C.	224	2	20	10	235	1.43
1 Serving .....	$\frac{1}{8}$ C.	28	*	3	1		.18
Calories per serving....				28	4	32	

**Directions:**

Melt oleo or fat, add flour, salt, and pepper, stir till smooth, remove from fire; when cool, add cold water; mix well, put back over fire, and stir constantly till the sauce thickens and boils. A chopped, hard-boiled egg may be added before serving, or chopped parsley or a few capers if liked.

**No. 83 BROWN GRAVY****Serves 9**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Flour .....	3 T.	21	2	—	16	74	.23
Oleo or drippings.....	3 T.	36	*	31	—	288	1.91
Water.....	2 $\frac{1}{2}$ C.						
TOTAL (cooked) .....	2 $\frac{1}{2}$ C.		2	31	16	362	2.14
1 Serving .....	$\frac{1}{3}$ C.		*	3	2		.24
Calories per serving....				28	8	36	

**Directions:**

Melt oleo or fat in spider; add flour, stirring constantly, and cook till brown. Then add water slowly; continue to stir till gravy is thick. Season with salt and pepper and add onion juice, tomatoes, or ketchup if desired.

For 1 $\frac{1}{2}$  cups use 2 T. each oleo and flour and 1 $\frac{1}{2}$  cups of water. Serves 6.

**No. 84 BROWN SUGAR SYRUP****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Brown sugar .....	2 C.	300	—	—	285	1170	3.32
Water.....	1 C.						
TOTAL (cooked) .....	10 T.	180			285	1170	
1 Serving .....	2 T.	36			57	234	.70
Calories per serving....					234	234	

**Directions:**

Put sugar and water in saucepan on stove, and stir while the sugar dissolves. Boil until it thickens (about 5 minutes). Do not stir while it is cooking. Cool before serving.

**No. 85 CARAMEL SAUCE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Sugar .....	$\frac{1}{2}$ C.	150	—	—	150	615	2.00
Boiling water .....	$\frac{1}{2}$ C.						
TOTAL (cooked) .....	12 T.	240			150	615	2.00
1 Serving .....	2 T.	40			25		.33
Calories per serving....					103	103	

**Directions:**

Put granulated sugar in frying pan; stir constantly over hot part of the range until it has melted to a syrup of light brown color; add water slowly; simmer 10 minutes. Cool before serving.

**No. 86 CHEESE SAUCE****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Oleo .....	$\frac{1}{2}$ T.	6	*	5	—	47	.32
Flour .....	$\frac{1}{2}$ T.	4	*	*	3	28	.05
Milk .....	1 C.	244	8	10	12	175	2.50
Cheese .....	$\frac{1}{2}$ T.	10	3	4	—	50	.48
TOTAL (cooked) .....	$\frac{1}{2}$ C.	150	11	19	15	300	3.35
1 Serving .....	1 $\frac{1}{2}$ T.	30	2	4	3		.67
Calories per serving....			8	37	12	57	

**Directions:**

Melt oleo; add flour and grated cheese. When well mixed, add milk. Heat, stirring constantly until it comes to the boiling point; then serve on croquettes. If the flavor of cheese is liked, more may be added.

**No. 87 HARD SAUCE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Oleo .....	3 T.	36	*	31	—	288	1.90
Powdered sugar .....	$\frac{1}{2}$ C.	80	—	—	80	328	1.60
Vanilla or .....	$\frac{1}{2}$ t.						1.00
Nutmeg to flavor .....							
TOTAL .....	6 h. t.	116	*	31	80	616	4.50
1 Serving .....	1 h. t.	19		5	13		.75
Calories per serving....				46	53	99	

**Directions:**

Cream oleo and gradually work in the sugar. Add flavoring; pack smoothly in a small dish; cover and set in a cold place till ready to use.  $\frac{1}{2}$  cup mashed strawberries may be beaten into the sauce in place of the vanilla, and granulated sugar may be used in place of the powdered; use about  $\frac{1}{2}$  of a cup.

**No. 88 LEMON SAUCE****Serves 10**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Sugar .....	$\frac{1}{2}$ C.	100	—	—	100	410	1.30
Cornstarch .....	1 T.	9	—	—	8	33	.20
Lemon juice .....	1 T.	15	—	—	1	4	.60
Oleo .....	$\frac{1}{2}$ T.	6	*	5	—	47	.30
Water .....	1 C.						
TOTAL (cooked) .....	1 $\frac{1}{2}$ C.	325	*	5	109	494	2.40
1 Serving .....	2 T.	32	*	1	11		.24
Calories per serving....				9	45	54	

**Directions:**

Boil sugar and water together with lemon rind for 2 or 3 minutes. Take out and throw away the lemon rind; add cornstarch that has been mixed till smooth with a little cold water, and cook for 5 minutes or till very clear, stirring all the time. Add the juice of half a lemon and the oleo, and when oleo has melted, serve. Orange or other fruit juice may be used in place of the lemon juice, and then less sugar is required.

**No. 89 TOMATO SAUCE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Tomatoes (canned) .....	$\frac{1}{2}$ can	400	5	1	16	95	4.00
Oleo or drippings .....	2 T.	24	*	20	—	186	1.27
Flour .....	2 T.	14	2	*	10	49	.16
Salt and pepper .....	To season						
TOTAL (cooked) .....	12 T. ( $\frac{1}{2}$ C.)	240	7	21	26	330	5.43
1 Serving .....	2 T.	40	1	4	4		.90
Calories per serving....			4	37	16	57	

**Directions:**

Melt drippings, oleo, or other shortening in a saucepan, and cook in it a little chopped onion till onion is a golden brown; then stir in flour mixed with salt and pepper; stir till smooth, remove from fire, and when cool, add cold strained tomato. Put back over the fire and stir till the mixture thickens and boils.



**No. 90 WHITE SAUCE****Serves 12**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Flour .....	4 T.	28	3	*	21	98	.31
Oleo .....	4 T.	48	*	41	—	381	2.55
Milk .....	2 C.	488	16	20	24	350	5.00
TOTAL (cooked) .....	2 C.	480	19	61	45	829	7.86
1 Serving .....	2 T.	40	2	5	4		.65
Calories per serving ....			8	47	16	71	

**Directions:**

Melt oleo, drippings, or crisco, being careful not to brown; add flour slowly, and when thoroughly mixed, add milk, stirring constantly till thick. Or milk may be scalded, a small amount first being mixed with the flour, the mixture slowly added to the milk, and the whole stirred till smooth and thick. The oleo is added last, and salt and pepper to taste. More milk makes a thinner sauce, and more flour a thicker one. Drippings or crisco may be used in place of oleo, and will lessen the cost.

**No. 91 CORN CHOWDER****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Corn (1 can) .....	2½ C.	580	16	7	110	582	12.00
Milk (hot) .....	4 C.	976	32	39	48	691	10.00
Potatoes .....	2½ C.	400	9	1	74	350	1.80
Onion (chopped) .....							
Oleo .....	1 T.	12	*	10	—	93	.63
Water (boiling) .....	2 C.						
Salt and pepper .....	To season						
TOTAL (cooked) .....	8 C.	2000	57	57	232	1716	24.43
1 Serving .....	1½ C.	333	10	10	39		4.07
Calories per serving ....			41	93	160	294	

**Directions:**

Melt oleo, fat, or pork scraps in frying pan and add chopped onion, and cook for 5 minutes; then add 2 cups boiling water and potatoes pared and cut in small pieces. Cook till potatoes are soft. Add corn, seasoning, and hot milk, and cook till milk comes to the boiling point.

**No. 92 FISH CHOWDER****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Haddock (or cod).....	2 pounds	900	155	3	—	663	12.00
Potatoes.....	4	450	10	—	83	381	2.00
Onion.....	$\frac{1}{2}$	20	—	—	2	8	.10
Milk (scalded).....	2 C.	488	16	20	24	358	5.00
Oleo.....	2 T.	24	*	20	—	186	1.30
Crackers.....	6	60	7	5	43	252	.90
Salt and pepper.....	To season						
Water.....	6 C.						
TOTAL (cooked).....	5 C.	1420	188	48	152	1848	21.30
1 Serving.....	1 C.	284	38	10	30		4.26
Calories per serving....			156	93	123	372	

**Directions:**

Have skin, head, and bones removed from fish at market, and take them home with the fish. Cut the fish in 1-inch pieces; put head, skin, and bones in kettle with cold water; allow them to come slowly to the boiling point, and simmer  $\frac{1}{2}$  hour. Strain this water and return it to the kettle, throwing away the head, bones, and skin, but picking off and adding to the water any fish that may have stuck to the bone. Fry the onion, cut in small pieces, till brown in fat or pork or oleo, and strain fat into kettle, adding fish and potatoes, pared and cut in cubes or slices. Or onion may be added with the fat without straining. Cook until potatoes are soft. Do not break the fish by stirring. Add hot milk and seasoning. Put the crackers in a soup dish, and soften them with a little cold milk before pouring the hot chowder over them. Serve at once.

**No. 93 CEREAL OR FARINA SOUP****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Milk.....	4 C.	976	32	39	49	695	10.00
Water.....	4 C.						
Farina or cream of wheat (raw).....	1 C.	180	20	3	137	672	1.98
Eggs.....	2	100	13	11	*	156	4.00
Grated cheese.....	$\frac{1}{2}$ C.	50	14	18	*	225	2.40
Salt.....	2 t.						
TOTAL (cooked).....	8 C.	2000	79	71	186	1748	18.38
1 Serving.....	1 $\frac{1}{3}$ C.	333	13	12	31		3.06
Calories per serving....			53	112	127	292	

**Directions:**

Beat eggs slightly and add about 1 cup of milk. Put the rest of the milk and the water into a saucepan, and bring it to a boil. Add the salt and stir in the farina slowly. Cook 5 minutes and add the grated cheese slowly, stirring constantly. Then add beaten eggs and milk. If too thick, add more milk or water.

Instead of 2 pints of milk and 2 of water, 3 pints of milk and 1 pint of water may be used. This raises the food value and increases the cost.

**No. 94 LENTIL SOUP**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	
Lentils .....	2 C.	400	103	4	237	1431	12.80
Melted fat.....	2 T.	24	*	20	—	186	.90
Flour .....	2 T.	14	2	*	10	49	.16
Onion.....	$\frac{1}{2}$	50	1	*	5	25	.22
Water.....	16 C.						
Salt and pepper.....	To season						
<b>TOTAL (cooked) .....</b>	<b>7 C.</b>	<b>1750</b>	<b>106</b>	<b>24</b>	<b>251</b>	<b>1691</b>	<b>14.08</b>
<b>1 Serving .....</b>	<b>1<math>\frac{1}{2}</math> C.</b>	<b>291</b>	<b>18</b>	<b>4</b>	<b>42</b>		<b>2.35</b>
<b>Calories per serving....</b>			<b>74</b>	<b>37</b>	<b>172</b>	<b>283</b>	

**Directions:**

Wash lentils; soak in cold water overnight. Next morning drain off water, and put lentils in kettle with cold water and sliced onion. Simmer slowly for 3 to 4 hours, or until they are tender. Mash through strainer; return to kettle, adding more water if necessary. Cook the flour in the melted fat, and add to the soup with salt and pepper to taste. Some people think a little tomato improves the flavor.

**No. 95 OATMEAL AND POTATO SOUP**

**Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Potatoes.....	8	1000	22	1	184	854	4.57
Rolled oats.....	$\frac{1}{2}$ C.	40	7	3	26	163	.36
Onions .....	2	200	3	1	20	104	.80
Butter substitute or drip- pings.....	2 T.	24	*	20	—	186	.90
Salt.....							
Soup greens.....							1.00
Water.....	12 C.						
<b>TOTAL (cooked) .....</b>	<b>10 C.</b>	<b>2250</b>	<b>32</b>	<b>25</b>	<b>230</b>	<b>1307</b>	<b>7.63</b>
<b>1 Serving .....</b>	<b>2 C.</b>	<b>450</b>	<b>6</b>	<b>5</b>	<b>46</b>		<b>1.53</b>
<b>Calories per serving....</b>			<b>25</b>	<b>47</b>	<b>189</b>	<b>261</b>	

**Directions:**

Put 3 quarts of water to boil with salt. Cook a little more than  $\frac{1}{2}$  cup of oatmeal in the boiling, salted water 15 to 20 minutes. Add potatoes, peeled and cut in cubes, and boil  $\frac{1}{2}$  hour longer, or until potatoes are cooked. In the meantime, fry onions in the fat with the chopped soup greens. Add this to the potato and oatmeal mixture. Season to taste. If a thicker soup is desired, more oatmeal may be used.

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No. 96 SCOTCH BARLEY SOUP						Serves 5	
Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Water.....	8 C.						
Pearl barley.....	$\frac{1}{2}$ C.	100	9	1	78	366	1.10
Drippings or butter substi- tute.....	2 T.	24	*	20	—	186	.90
Carrots.....	$\frac{1}{2}$ C.	150	2	1	14	75	.90
Turnips.....	$\frac{1}{2}$ C.	50	1	*	4	21	.40
Onion.....	$\frac{1}{2}$	50	1	*	5	25	.22
Salt and pepper.....	To season						
TOTAL (cooked).....	5 C.	1200	13	22	101	673	3.52
1 Serving.....	1 C.	240	3	4	20		.70
Calories per serving....			12	37	82	131	

**Directions:**

Cook barley in frying pan with hot fat for 5 minutes; then put in saucepan with boiling water, and cook slowly. Cut up carrots, turnips, and onion after peeling them, and fry them in the other tablespoonful of fat; add the vegetables to the barley and water, and let all cook slowly for 2 hours. Season with salt and pepper. Add more water if soup is too thick. Potatoes may also be added.

No. 97 SPLIT PEA SOUP						Serves 6	
Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Peas.....	2 C.	400	98	4	248	1456	5.30
Water.....	16 C.						
Onion.....	$\frac{1}{2}$	50	1	*	5	25	.20
Fat.....	2 T.	24	*	20	—	186	.90
Salt and pepper.....	To season						
TOTAL (cooked).....	6 C.	1470	99	24	253	1667	6.40
1 Serving.....	1 C.	245	17	4	42		1.10
Calories per serving....			70	37	172	279	

**Directions:**

Look the peas over; wash and soak them in cold water overnight. Pour off the water and put them in a kettle with 4 quarts of water, and simmer slowly for 4 or 5 hours, or until thoroughly cooked. Add more water during the cooking if necessary. (If not cooked enough, the thick part will settle.) Cook the onion in butter or fat, and strain into the soup; add salt and pepper to taste. Salt pork or sausage may be cooked in the soup if desired.

**No. 98 BAKED BEANS****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Beans .....	1½ C.	300	68	5	179	1059	5.40
Fat meat, corned beef, or pork .....	½ pound	150	23	39	—	457	5.00
Molasses .....	½ C.	80	2	—	55	234	.70
Salt and pepper .....	To season						
Mustard .....	½ t.						
Onion .....	1 slice						
Hot water .....	1 C.						
TOTAL (cooked) .....	5 C.	925	93	44	234	1750	11.10
1 Serving .....	1 C.	185	19	9	47		2.22
Calories per serving....			78	84	193	355	

**Directions:**

Soak beans overnight. In the morning, parboil until the skin cracks. Drain off water and put beans in the bean pot. Scald and scrape about ½ of a pound of pork, and cut through the rind in ½-inch strips. Bury pork in the beans; mix salt, mustard, molasses, and hot water, and pour over the beans. Cover and bake slowly for 6 or 8 hours, until beans are soft. Add more hot water as needed, and a small onion if liked. Uncover pot for the last hour and lift up the pork, that it may become crisp and brown. Instead of the pork, a piece of any smoked meat may be used—corned beef, tongue, etc. If light-color beans are desired, only use 2 T. of molasses, or use sugar in place of molasses. Butter or oleo or any fat may be used in place of the meat.

**No. 99 BAKED BEAN LOAF WITH TOMATO SAUCE****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Baked beans (Recipe No. 98) .....	4 C.	740	74	36	187	1405	8.80
Bread crumbs .....	1 C.	80	9	2	49	252	1.50
Tomato sauce (Recipe No. 89) .....	½ C.	240	7	21	26	331	5.43
TOTAL (cooked) .....	5 C.	1125	90	59	262	1988	15.73
1 Serving .....	1 C.	225	18	12	52		3.15
Calories per serving....			74	112	213	399	

**Directions:**

Mash left-over baked beans; season with salt and pepper and a little onion juice, or chopped onion if liked. Mix with bread crumbs and form into a loaf. Bake in a greased pan, basting frequently with some of the tomato sauce (see Recipe No. 89) until the loaf is thoroughly heated. Serve with the remainder of the sauce.

**No. 100 BAKED BEAN STEW****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Baked beans .....	3 C.	555	56	27	141	1059	6.60
Carrots .....	1 C.	200	2	1	19	96	1.28
Potatoes .....	2 C.	300	7	*	55	254	1.54
Turnips .....	1½ C.	140	2	*	11	53	1.12
Onions .....	½	50	1	*	5	25	.22
Oleo or drippings .....	2 T.	24	*	20	—	186	1.27
Water .....	6 C.						
Salt and pepper .....	To season						
TOTAL (cooked) .....	8 C.	1920	68	48	231	1673	12.03
1 Serving .....	1½ C.	320	11	8	39		2.00
Calories per serving ....			45	74	160	279	

**Directions:**

Melt fat in saucepan and add onion, sliced fine; cook till brown. Then add vegetables, which have been peeled and cut in cubes, and toss in fat and onion for about 15 minutes; pour over them about 6 cups of water or vegetable broth; add salt and pepper to taste, and let simmer for ½ hour. Add more water if necessary, and about 15 minutes before serving, stir in left-over baked beans. Add a little tomato if desired. This recipe requires about a cup of dried beans to give 3 cups of cooked beans.

**No. 101 LIMA BEANS****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Lima beans .....	¾ C.	150	27	2	99	535	2.96
Boiling water .....							
TOTAL (cooked) .....	2½ C.	375	27	2	99	535	2.96
1 Serving .....	2 h. T.	75	5	*	20		.59
Calories per serving ....			21	*	82	103	

**Directions:**

Wash dried lima beans well; cover with warm water and soak 12 hours, or overnight. Drain, cover with boiling, salted water, and cook until tender. This will require about 2 hours. Let the water evaporate until just enough to moisten the beans well is left. Season with salt, pepper, and 2 T. of oleo or drippings. Cold lima beans may be used in salads and in vegetable hash.

**No. 102 SCALLOPED LIMA BEANS****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Beans .....	2 C.	400	72	6	264	1433	8.00
Tomatoes .....	1 can	800	10	2	32	191	8.00
Oleo .....	2 T.	24	*	20	—	186	1.27
Bread crumbs.....	$\frac{1}{2}$ C.	40	5	1	24	128	.75
Salt and pepper.....	To season						
TOTAL (cooked) .....	6 C.	1800	87	29	320	1938	18.02
1 Serving .....	1 C.	300	15	5	53		3.00
Calories per serving....			62	47	217	326	

**Directions:**

Cook beans till tender; drain, and arrange in baking dish with alternate layer of tomato. Put bread crumbs on top and dot with oleo. Season with salt and pepper, and bake in oven till beans are warmed through and crumbs are browned. Serve hot.

**No. 103 BEAN PURÉE****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Beans .....	3 C.	600	135	11	358	2124	10.80
Milk .....	$1\frac{1}{2}$ C.	366	12	15	18	263	3.75
Drippings or butter substitute .....	$1\frac{1}{2}$ T.	18	*	15	—	140	.63
Sugar .....	$\frac{1}{2}$ T.	6	—	—	6	25	—
Salt and pepper.....	To season						
TOTAL (cooked) .....	5 C.	1250	147	41	382	2552	15.18
1 Serving .....	1 C.	250	29	8	76		3.03
Calories per serving....			119	74	312	505	

**Directions:**

Soak dried beans overnight. Stew them in water until very tender (about  $1\frac{1}{2}$  hours), changing the water after they first come to a boil. Drain well and rub through a sieve, or mash. Put the beans in the stewpan again with the fat, seasoning, and enough milk to make it like a cereal. Cook over boiling water for 1 hour; stir often, and add more hot milk if needed. If liked, a little onion may be fried in the fat or in bacon and added to give flavor, or the purée may be made into cakes and fried. Dried peas may be used instead of beans.

**No. 104 BEAN LOAF****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Bean purée (Recipe No. 103).....	3 C.	750	88	24	229	1523	9.09
Bread crumbs.....	$\frac{1}{2}$ C.	100	12	2	61	318	2.55
Brown gravy (Recipe No. 83).....	$2\frac{1}{2}$ C.		3	31	16	366	2.14
TOTAL (cooked) .....	$3\frac{1}{2}$ C.	950	103	57	306	2207	13.78
1 Serving .....	$\frac{1}{2}$ C.	190	21	11	61		2.76
Calories per serving....			86	102	250	438	

**Directions:**

Take left-over purée (Recipe No. 103); moisten with brown gravy (see Recipe No. 83) and mix with bread crumbs. Form in a loaf, sprinkle with bread crumbs over the top, and brown in the oven, basting with remainder of gravy. If left-over purée is not on hand, stew dried beans (about 2 cups), as for purée, and form in loaf, or mash instead of putting through the strainer.

**No. 105 STEWED BEANS AND TOMATO SAUCE****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Beans .....	2 C.	400	90	7	238	1410	7.20
Tomato sauce (Recipe No. 89).....	$\frac{1}{2}$ C.	240	7	21	26	331	5.43
TOTAL (cooked) .....	6 C.	1540	97	28	264	1741	12.63
1 Serving .....	1 C.	257	16	5	44		2.11
Calories per serving....			66	47	180	293	

**Directions:**

Soak beans overnight; drain off water in the morning; put beans in kettle or stewpan, with enough water to cover and a pinch of soda. When water comes to a boil, drain off and add fresh water. Cook slowly for 4 to 5 hours, or until beans are tender. Season with salt and pepper, and pour over them hot tomato sauce (see Recipe No. 89). This can also be made into a loaf, as in Recipe No. 104.



**No. 106 BOILED BEETS****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Boiled beets .....	5	1000	23	1	74	407	6.25
1 Serving .....	1	200	5	*	15		1.25
Calories per serving....			21		62	83	

**Directions:**

Wash but do not scrape about 2½ pounds of beets, and cook in boiling water for about 3 hours, or until soft. Drain and put in cold water; rub off skins, cut in small pieces, and serve hot, seasoned with salt, pepper, and 2½ T. of oleo; or cover with vinegar, and serve cold.

**No. 107 BEET GREENS OR SPINACH****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Cooked spinach .....	2 h. T.	100	2	4	3	57	2.50
Calories per serving....			8	37	12	57	
Cooked beet greens .....	2 h. T.	100	2	3	3	48	2.50
Calories per serving....			8	28	12	48	

**Directions:**

Cut off roots; break the leaves apart, and drop them into a large pan of water; rinse well, and continue washing till thoroughly free from sand. Put in a kettle with a little water and salt, and cook till tender, about 30 minutes. Drain through colander, chop fine, and season, adding about 3 or 4 tablespoonsful of drippings.

As it takes about 1 peck of greens to serve a family of 6, unless the greens sell for about 10 cents a peck, they are not an economical food. Cabbage, string beans, chard, dandelion greens, kale, or squash may be cheaper, and can be substituted for the spinach to supply the very necessary green vegetable.

**No. 108 CARROTS AND CANNED PEAS****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Canned peas .....	3½ C.	560	20	1	55	317	15.00
Boiled carrots .....	2½ C.	500	3	1	23	116	4.00
TOTAL .....	6 C.	1060	23	2	78	433	19.00
1 Serving .....	1 C.	177	4	*	13		3.17
Calories per serving....			16	*	53	69	

**Directions:**

Wash and scrape carrots; cut in halves and cook in boiling, salted water 45 minutes, or till soft; drain and cut in cubes. Open a can of peas, drain off liquid, and add peas to carrots. Season with salt and pepper, add about 2 T. oleo or crisco, heat vegetables through, and serve.

**No. 109 LENTIL HASH****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Lentils .....	$\frac{1}{2}$ C.	150	39	2	89	543	4.66
Rice .....	$\frac{1}{2}$ C.	150	12	*	119	537	3.00
Drippings or oleo .....	2 T.	24	*	20	—	186	1.27
Onion (chopped) .....	2 T.						
Salt and pepper .....	To season						
Parsley (chopped) .....							
Celery (chopped) .....	2 T.						
<b>TOTAL (cooked) .....</b>	<b>5 C.</b>	<b>1200</b>	<b>51</b>	<b>22</b>	<b>208</b>	<b>1266</b>	<b>8.93</b>
<b>1 Serving .....</b>	<b>1 C.</b>	<b>240</b>	<b>10</b>	<b>4</b>	<b>41</b>		<b>1.79</b>
Calories per serving....			41	37	168	246	

**Directions:**

Look over lentils; wash and soak overnight in cold water; drain off water, add lentils to fresh boiling water, and cook till soft. Wash and boil rice (Recipe No. 29). Cook separately 2 T. drippings, chopped onion, pepper, and salt, until onion is soft; then add, if you have it, chopped celery and a little chopped parsley, and cook 15 minutes; combine this with the rice and the lentils, and cook a few minutes longer. *Lentil Loaf* may be made by mashing the lentils before combining them with the rice and seasoning, adding brown gravy to moisten, and baking in a loaf till well browned.

**No. 110 ONIONS, BOILED****Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Onions .....	5	500	8	2	50	256	2.07
Water .....							
Salt .....							
<b>TOTAL (cooked) .....</b>		<b>425</b>	<b>8</b>	<b>2</b>	<b>50</b>	<b>256</b>	
<b>1 Serving .....</b>	<b>1</b>	<b>85</b>	<b>2</b>	<b>*</b>	<b>10</b>		<b>.41</b>
Calories per serving....			8		41	49	

**Directions:**

Cut off the roots, peel, and put into cold water. Drain and cover well with boiling water, adding 1 teaspoonful of salt for each quart of water. Cook till tender. Serve with a little oleo and pepper, or white sauce.

**No. 111 SCALLOPED ONIONS** **Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Onions .....	6	600	10	2	63	318	2.48
Bread crumbs .....	$\frac{1}{2}$ C.	40	5	1	24	128	.75
Oleo .....	1 T.	12	*	10	—	93	.63
White sauce (Recipe No. 90) .....	$1\frac{1}{2}$ C.	360	15	45	34	620	5.90
<b>TOTAL (cooked) .....</b>	<b>6</b>	<b>840</b>	<b>30</b>	<b>58</b>	<b>121</b>	<b>1159</b>	<b>9.76</b>
<b>1 Serving .....</b>	<b>1</b>	<b>140</b>	<b>5</b>	<b>10</b>	<b>20</b>		<b>1.63</b>
<b>Calories per serving....</b>			<b>21</b>	<b>93</b>	<b>82</b>	<b>196</b>	

**Directions:**

Peel and boil onions; drain; add  $1\frac{1}{2}$  cups of white sauce ( $\frac{1}{2}$  Recipe No. 90). Place in a greased baking dish and cover with bread crumbs. Dot the top with oleo and bake on the grate of oven till brown. Onions prepared this way have a much more delicate flavor than when served boiled, with white sauce.

**No. 112 BAKED POTATOES** **Serves 5**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Baked potatoes .....	5	650	19	1	160	743	5.00
1 Serving .....	1	130	4	*	32		1.00
<b>Calories per serving....</b>			<b>16</b>		<b>131</b>	<b>147</b>	

**Directions:**

Thoroughly wash the potatoes and bake in a hot oven 45 minutes, or till potatoes are soft. When done, break open the skins to let the steam escape. If any potatoes are left over, peel them while warm, and save to cut up for salad or to fry.

**No. 113 BOILED POTATOES (For composition, see Recipe No. 80)**

**Directions:**

Wash and pare 5 potatoes of about the same size, and let them stand in cold water  $\frac{1}{2}$  hour. Cook in about 1 quart of boiling, salted water 20 to 30 minutes, or till tender. Drain, uncover, and shake gently over the fire till dry.

**No. 114 SCALLOPED POTATOES****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Potatoes.....	8	1000	22	1	184	854	4.57
Flour .....	2 t.	8	1	*	6	29	.08
Oleo .....	2 T.	24	*	20	—	186	1.27
Milk .....	2 C.	488	16	20	24	350	5.00
Salt and pepper.....	To season						
TOTAL (cooked) .....	12 h. T.	560	39	41	214	1419	10.92
1 Serving .....	2 h. T.	93	7	7	36		1.82
Calories per serving....			29	65	148	242	

**Directions:**

Wash, pare, and slice raw potatoes. Put a layer in a baking dish; sprinkle with a little salt and pepper, dot over with oleo or butter, and sprinkle slightly with flour. Continue this until dish is nearly full; then half cover with milk. Bake 1 hour, keeping dish closely covered for the first half hour.

**No. 115 SUCCOTASH****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Corn.....	2½ C.	580	16	7	110	582	12.00
Cooked lima beans (Rec- ipe No. 101).....	2½ C.	375	27	2	99	535	2.96
Oleo .....	2 T.	24	*	20	—	186	1.26
Salt and pepper.....	To season						
TOTAL (cooked) .....	4½ C.	960	43	29	209	1303	16.22
1 Serving .....	½ C.	160	7	5	35		2.70
Calories per serving....			29	47	144	220	

**Directions:**

To 1 can corn add equal amount of cooked lima beans; season with salt and pepper, add oleo, and place in saucepan over the fire till hot.

**No. 116 SCALLOPED TOMATOES****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Tomatoes .....	3 C.	650	8	1	26	149	6.00
Oleo .....	2 T.	24	*	20	—	186	1.20
Bread crumbs.....	$\frac{1}{2}$ C.	60	7	1	37	190	1.20
Salt and pepper.....	To season						
TOTAL (cooked) .....	3 C.	702	15	22	63	525	8.40
1 Serving .....	$\frac{1}{2}$ C.	117	3	4	11		1.40
Calories per serving....			12	37	45	94	

**Directions:**

Drain the liquid from a can of tomatoes, and put away for flavoring. Cover the bottom of a baking dish with a layer of the solid tomatoes. Over this sprinkle salt and pepper and dots of oleo, using about 1 T. of oleo for each layer. Cover with a layer of cracker or bread crumbs, then another layer of tomatoes, and so on until the tomatoes have all been used, having crumbs on the top. Bake 20 minutes in a hot oven. Fresh tomatoes may be used in place of canned ones if they are sufficiently cheap.

The liquid from the tomatoes may be used to flavor vegetables, soups, gravies, or stews, or a little of it may be baked with the tomatoes.

**No. 117 VEGETABLE HASH****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Lima beans (cooked)....	3 C.	500	36	3	132	717	4.00
Beets (cooked) .....	$1\frac{1}{2}$ C.	260	6	*	19	103	2.50
Potatoes (cooked).....	$1\frac{1}{2}$ C.	280	7	*	59	271	1.70
Butter substitute.....	4 T.	48	*	41	—	381	1.70
Milk .....	$\frac{1}{2}$ C.	122	4	5	6	88	1.20
Salt and pepper.....							
TOTAL (cooked) .....	6 C.	840	53	49	216	1560	11.10
1 Serving .....	1 C.	140	9	8	36		1.90
Calories per serving....			37	74	148	259	

**Directions:**

Hash may be made with one or many cooked vegetables, alone or combined with meat or fish. Cut the vegetables fairly fine, then mix them; season with salt and pepper and, if liked, a little onion, parsley, or green pepper. Moisten with milk, soup stock, or water. Melt butter substitute or drippings in frying pan, add hash, and spread evenly. Over this put dots of drippings or crisco. Cover the pan and place where hash will not burn, but where heat is fairly good; cook  $\frac{1}{2}$  hour; then fold and turn on hot platter. Hash should have a rich, brown crust. For the above recipe use about 4 beets and  $2\frac{1}{2}$  potatoes.

**No. 118 CREAM TOAST****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Toast.....	6 slices	408	47	7	248	1275	6.90
White sauce (Recipe No. 90).....	2 C.	480	20	61	45	834	7.86
TOTAL (cooked) .....	6 slices	888	67	68	293	2109	14.76
1 Serving .....	1 slice	148	11	11	49		2.46
Calories per serving....			45	102	201	348	

**Directions:**

Slice stale bread  $\frac{1}{2}$  to 1 inch thick; lay in oven until brown or brown over coals, turning frequently, so that both sides are toasted equally. Dip each slice in hot water to soften; put in hot dish, and pour white sauce (see Recipe No. 90) over the toast.

**No. 119 BOILED SALAD DRESSING****Serves 6**

Material	Measure	Weight Grams	Protein Grams	Fat Grams	Carbo- hydrate Grams	Calo- ries	Cost in Cents
Salt .....	$\frac{1}{2}$ T.	6					
Mustard .....	$\frac{1}{2}$ T.	4					.28
Sugar .....	4 t.	16	—	—	16	66	.16
Flour.....	1 T.	7	1	*	5	25	.08
Egg .....	1	50	7	5	—	75	2.00
Oleo or butter (melted) ..	2 T.	24	*	20	—	186	1.27
Milk .....	$\frac{1}{2}$ C.	183	6	7	9	127	1.80
Vinegar .....	$\frac{1}{2}$ C.	45					.65
Cayenne.....	Few grains						
Or pepper .....	$\frac{1}{2}$ t.						
TOTAL (cooked) .....	1 C.	300	14	32	30	449	6.24
1 Serving .....	2 T.	50	2	5	5		1.04
Calories per serving....			8	47	21	76	

**Directions:**

Mix salt, mustard, flour, and pepper; add egg slightly beaten, the melted butter, and milk. Add vinegar slowly, and cook over hot water for about 8 minutes, or till the mixture thickens, stirring all the time. Strain and cool. Bottle what is not required for immediate use.

Serves 6

Carbo- hydrate Grams	Calo- ries	Cost in Cents
—	363	1.17
363	1.17	.19
65		

start if desired; also  
the oil, and when well  
until an emulsion is  
pressing for the salad  
made up at one time,  
part of vinegar, and  
tightly corked bottle

Carbo- hydrate Grams	Calo- ries	Cost in Cents
3	39	.60
12	49	.12
15	88	.72
2	21	.30
12	49	.12
14	70	.42
80	404	2.30
—	65	.42
80	469	2.72
109	627	3.86
40	202	1.15
40	202	1.15
—	28	.21
40	230	1.36

## WHAT THE DAY'S FOOD SHOULD PROVIDE<sup>1</sup>

The menus supply the following substances: mineral substances, protein, starch, sugar, fat, cellulose, certain newly discovered substances in very small amounts, flavoring and condiments, in about the right proportions to keep the family in healthful condition.

An easy way to select the right foods is to group the different kinds, according to their uses in the body, and then make sure that all groups are represented regularly in the meals.

The list below shows some of the common food materials arranged according to the nutrient for which they are usually considered most valuable, though some foods belong in more than one group.

### GROUP 1.—*Foods depended on for mineral matters, vegetable acids, and body-regulating substances*

#### Fruits:

Apples, pears, etc.  
Bananas  
Berries  
Melons  
Oranges, lemons, etc.  
Etc.

#### Vegetables:

Salads—lettuce, celery, etc.  
Potherbs or "greens"  
Potatoes and root vegetables  
Green peas, beans, etc.  
Tomatoes, squash, etc.  
Etc.

### GROUP 2.—*Foods depended on for protein*

Milk, skim milk, cheese, etc.  
Eggs  
Meat  
Poultry

Fish  
Dried peas, beans, cowpeas, etc.  
Nuts

### GROUP 3.—*Foods depended on for starch*

Cereal grains, meals, flours, etc.  
Cereal breakfast foods  
Bread  
Crackers  
Macaroni and other pastes

Cakes, cookies, starchy puddings, etc.  
Potatoes and other starchy vegetables

### GROUP 4.—*Foods depended on for sugar*

Sugar  
Molasses  
Syrups  
Honey

Candies  
Fruits preserved in sugar, jellies, and dried fruits  
Sweet cakes and desserts

### GROUP 5.—*Foods depended on for fat*

Butter and cream  
Lard, suet, and other cooking fats

Salt pork and bacon  
Table and salad oils

<sup>1</sup>Condensed from How to Select Foods, Farmers' Bulletin 808, U. S. Department of Agriculture. Hunt and Atwater.



## COST OF SUPPLIES

### STATEMENT

The list of supplies is given by the week because the workingman or artisan is usually paid weekly. The supplies to be purchased are computed from the amounts required by the recipes used in the menus.

The materials for our recipes were purchased in the winter of 1914, and the prices of individual recipes were estimated on the basis of 1914 figures. Since then there has been a rapid and striking advance in cost of food materials, so that in our supply sheet we have shown the changes in price from January, 1914, to November, 1916. We have given three columns of prices; first, the 1914 prices of the food commodities we have used in the preparation of our menus; second, prices for July, 1916; and third, prices for November, 1916. It will be seen that there is a total increase of 3.7 per cent of July, 1916, prices over January, 1914, prices, and a further increase of 8.3 per cent of November, 1916, prices over July, 1916, prices, making prices for November, 1916, 12 per cent higher than those for January, 1914, the time at which our recipes were worked out. It will be necessary, therefore, in view of the fluctuating prices of foodstuffs, to re-reckon costs of food materials for future use. Prices

The purchases total an average of \$7 per week for the seven weeks for five people. As some of the recipes serve more than five people (see page 29), the cost of supplies, as shown on the following sheet, is slightly more than this average. The cost for the first week is the highest, as general supplies must be laid in. Some of these supplies, as shown on the sheet, are carried over the seven weeks' period, and the value of the surplus on hand is deducted from the first seven weeks and may be charged against the following week.

		AMOUNTS PURCHASED						
Unit		1st wk.	2d wk.	3d wk.	4th wk.	5th wk.	6th wk.	7th wk.
<b>Staples:</b>								
Bread .....	loaf	15½	18	15½	18½	16½	18	18½
Eggs .....	dozen	11½	8½	11½	10½	10½	9½	8½
Milk .....	quart	11	8½	11½	10	10½	9	8
Tea .....	pound	½						
Coffee .....	pound	1		1			1	
Cocoa .....	½ lb. can	½			½			
Sugar .....	pound	4	6	4	4	6	4	4
Flour (bag) .....	24½ lbs. (1 bag)	1 bag						1 bag
<b>Cereals:</b>								
Barley .....	pound				½			
Corn meal .....	pound	3		1	1		1	
Cracked wheat .....	pound	4						
Cream of wheat ...	28 oz. pkg.	1			1		1	
Farina .....	15 oz. pkg.	2		1		1	1	
Hominy .....	pound	1	1				1	1
Macaroni .....	lb. pkg.		1				1	
Rice .....	pound	2	1	1		2	1	
Rolled oats .....	pound	1	½	1	½	1½		1
Shredded wheat ...	package	2	1		1	1		
Tapioca .....	pound		1					
American cheese ...	pound	½				½	1	
Cream cheese .....	package						1	
<b>Meat:</b>								
Round .....	pound	1½	2	2	1	2½	2	2
Stew .....	pound	2½	2½	5				
For beans .....	pound	½						
Lamb (forequarter)	pound	3						
Flank .....	pound		3		1½			
Brisket .....	pound					3		
Corned beef .....	pound						2	
Smoked shoulder ..	pound							3½
<b>Fish:</b>								
Fresh haddock .....	pound		2			3½		
Canned salmon .....	can			1				
Salt codfish .....	pound						½	1
<b>Fats:</b>								
Oil .....	½ pint		½					
Oleomargarine .....	pound	2	2½	1	1½	2	2½	1
Suet .....	pound		½					
Vegetable fat .....	24 oz. can	1		1		1		
<b>Legumes:</b>								
Beans .....	pound	1½		1½	2			
Lentils .....	pound			½		1		1
Lima beans .....	pound				2		1	
Split peas .....	pound	1				1		

## COST OF SUPPLIES

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7 Weeks' Total Purchases	Prices per Unit Jan., 1914	Prices per Unit July, 1916	Unit Nov., 1916	Total Cost as per July, 1916 Prices	Amount Required as per Recipes	Surplus on Hand at end of 7th Week	Value of Surplus on Hand
120½ loaves	\$ .10	\$ .10	\$ .10	\$12.05			
5½ dozen	.24	.24	.37	1.22			
68 quarts	.10	.10	.10	6.81			
½ pound	.30	.30	.30	.10			
3 pounds	.25	.25	.25	.75	2½ lbs.	½ lb.	\$ .083
1 pound	.19	.19	.19	.38			
32 pounds	.055	.085	.075	2.72			
2 bags	1.20 (lb. rate)	.95 (bag rate)	1.30	1.90	26½ lbs.	22½ lbs.	.85
½ pound	.05	.05	.06	.02			
6 pounds	.03	.03	.0325	.18	5½ lbs.	½ lb.	.007
4 pounds	.05	.05	.05	.20	3½ lbs.	½ lb.	.025
3 packages	.14	.14	.17	.42	4½ lbs.	½ lb.	.06
5 packages	.05	.10	.10	.50	4 lbs.	1½ lb.	.069
4 pounds	.03	.03	.03	.12			
2 packages	.09	.09	.09	.18	1½ pkgs.	½ pkg.	.045
7 pounds	.09	.09	.09	.63	6½ lbs.	½ lb.	.023
5½ pounds	.04	.04	.05	.21			
5 packages	.10	.10	.10	.50			
1 pound	.09	.09	.09	.09			
2 pounds	.21	.24	.26	.48			
1 package	.05	.05	.06	.05			
13 pounds	.18	.18	.22	2.34			
10 pounds	.14	.16	.16	1.60			
½ pound	.15	.15	.15	.05			
3 pounds	.18	.18	.18	.54			
4½ pounds	.16	.20	.20	.90			
3 pounds	.20	.20	.20	.60			
2 pounds	.20	.20	.20	.40			
3½ pounds	.15	.15	.15	.53			
5½ pounds	.06	.08	.08	.44			
1 can	.14	.14	.14	.14			
1½ pounds	.12	.12	.18	.21			
½ pint	.10	.10	.10	.10			
11 pounds	.24	.24	.25	2.64	10½ lbs.	½ lb.	.12
½ pound	.10	.10	.10	.09			
3 cans	.24	.28	.33	.84			
5 pounds	.08	.08	.13	.40			
2½ pounds	.14	.20	.20	.50			
4 pounds	.09	.09	.13	.36	3½ lbs.	½ lb.	.023
2 pounds	.06	.09	.11	.18			

		AMOUNTS PURCHASED						
	Unit	1st wk.	2d wk.	3d wk.	4th wk.	5th wk.	6th wk.	7th wk.
<b>Vegetables:</b>								
Beets .....	2 pounds	2½	½	½	2½	2½		2½
Corn (canned).....	can							1
Cabbage .....	pound		1				2½	
Carrots .....	2 pounds	1	3½	2	1½	½		
Greens .....	peck				1	1		1
Lettuce .....	head		1			1		
Onions .....	3 pounds	3		3			3	
Peas (canned).....	can		1					
Potatoes .....	peck	1		1			½	
	3 pounds							
Tomatoes (fresh)..	2½ pounds			2½	2½	2½		2½
Tomatoes (canned)	can	2		2		1	3	1
Turnips .....	2 pounds		1		1½	½		
<b>Fruit:</b>								
Apples (fresh).....	3 pounds	10	3	7	5½	2½	1½	4½
Apples (dried).....	pound						1	
Apricots .....	pound	1½			1½			
Bananas .....	dozen	10			5		3	5
Berries .....	box				1	1		
Dates .....	pound		1½			2		1½
Lemons .....	dozen	½		½	½		½	
Oranges .....	dozen						½	
Prunes .....	pound	2	2	2		1	2	
Raisins .....	lb. pkg.	1			2	1	1	
Rhubarb .....	pound	1	1			1	1	
<b>Miscellaneous:</b>								
Baking powder ....	½ lb. can	½				½		
Cornstarch .....	lb. pkg.	1						
Crackers .....	pound		½					
Gelatine .....	package	1				1		
Jelly .....	glass		1				1	
Junket .....	package	1						
	(10 tablets)							
Molasses .....	quart	1	1			1	1	
Peanuts .....	pint		1					
Salt .....	5 pounds	5						
<b>Spices:</b>								
Allspice .....	½ pound	½						
Cinnamon .....	½ pound	½						
Ginger .....	½ pound	½						
Nutmeg .....	½ pound	½						
Mustard .....	½ pound	½						
Soda .....	½ pound	½						
Vanilla .....	bottle	1						
Vinegar .....	quart	1						
Cost of purchases		\$11.32	\$7.03	\$6.93	\$6.13	\$7.75	\$7.31	\$6.64

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7 Weeks' Total Purchases	Prices per Jan., 1914	Unit July, 1916	Total Cost as per Nov., 1916 Prices	Amount Required as per Recipes	Surplus on Hand at end of 7th Week	Value of Surplus on Hand
12½ pounds	.05	.05	.10	.32		
1 can	.12	.12	.12	.12		
3½ pounds	.04	.04	.04	.14		
8½ pounds	.05	.05	.05	.22		
3 pecks	.125	.125	.25	.39		
2 heads	.05	.05	.10	.10		
9 pounds	.05	.08	.15	.24	8½ lbs.	½ lb.
1 can	.15	.15	.15	.15		
2½ pecks	.25	.25	.50	.63		
	.05	.05	.10			
9 pounds	.09	.09	.09	.36		
9 cans	.08	.09	.12	.81	8½ cans	¾ can
2½ pounds	.05	.05	.05	.07		
34 pounds	.10	.10	.10	1.14		
1 pound	.12	.12	.17	.12	½ lb.	½ lb.
3 pounds	.14	.14	.18	.42		
1½ dozen	.15	.15	.15	.31		
2 boxes	.10	.10	.10	.20		
5½ pounds	.10	.10	.15	.53		
1½ dozen	.15	.15	.20	.18		
1½ dozen	.30	.30	.25	.13		
9 pounds	.10	.10	.10	.90		
5 packages	.11	.11	.11	.55		
4 pounds	.03	.03	.03	.12		
1 pound	.21	.21	.21	.42	½ lb.	½ lb.
1 pound	.08	.08	.08	.08	½ lb.	½ lb.
½ pound	.08	.08	.08	.02		
2 packages	.12	.12	.12	.24		
2 glasses	.10	.10	.10	.20		
1 package	.08	.08	.08	.08	2 tblts.	8 tblts.
4 quarts	.14	.14	.14	.56	3½ qts.	1½ cups
1 pint	.05	.05	.05	.05		
5 pounds	.05	.05	.05	.05		
½ pound	.08	.08	.08	.08	½ box	½ box
½ pound	.10	.10	.10	.10	⅙ box	⅙ box
½ pound	.09	.09	.09	.09	⅙ box	⅙ box
½ pound	.10	.10	.10	.10	⅙ box	⅙ box
½ pound	.10	.10	.10	.10	⅙ box	⅙ box
½ pound	.07	.07	.07	.07	⅙ box	⅙ box
1 bottle	.25	.25	.26	.25		
1 quart	.10	.10	.10	.10	½ pt.	1½ pts.
Gross total of 7 weeks' expenditures.....				\$53.11		
Less: Value of surplus.....				2.22		
Net total of 7 weeks' expenditures.....				\$50.89		

## HOW TO BUILD AND USE A FIRELESS COOKER

Reprinted from Form No. 776, States Relations Service, Office of Extension Work, South, U. S. Department of Agriculture and State Agricultural Colleges cooperating.

### Principle

The principle of the fireless cooker is to retain the heat obtained by first boiling the food for a few minutes. It is then placed in the cooker, which does not allow the heat to escape. The food must be heated in the same vessel in the cooker. This vessel must have tight cover and be moved from fire to cooker as quickly as possible. Otherwise, heat will be lost. Hot soap-stones are sometimes placed in the cooker with the food when higher temperature is needed or longer cooking desired. These may be purchased from a hardware dealer at fifty cents each.

### Advantages

1. Time saving. While food is cooking, the housekeeper may be occupied with other duties without fear of its burning.
2. Better foods. Many foods thus cooked for a longer time at a low temperature have finer flavor and are more wholesome than if cooked on a stove at higher temperature.
3. Comfort. Saves working in hot kitchen, keeping up fires, watching food.
4. Fuel saving. Fire kept up just long enough to make food boiling hot before putting in cooker. In summer, the use of a fireless cooker with a kerosene stove will result in both comfort and economy.

### Building the Cooker

Select a tightly built wooden box, an old trunk, barrel, large lard tub, or tin lard can for the outside container. This must be large enough to allow at least four inches of packing all around the nest. A box long enough to contain two compartments may be secured. If this is done, there should be at least six inches of packing between the two nests, and two cushions to cover each nest separately, so that one vessel may be removed without disturbing the other.

The nest, to contain the vessel of hot food, must be considered next. If no hot stone is to be used, this nest may be



**Food  
Vessel**

For this any utensil which has a tight cover and which will fit the nest may be used. There should be no air space left to cause loss of heat. A vessel having straight sides and having the same depth as diameter is best. A special enamel or aluminum fireless cooker vessel can be purchased for 50 cents to \$1.50, depending upon size and material. Aluminum is the best, because it will retain heat for a longer time.

**Using the  
Homemade  
Cooker**

Efficient cooking will depend upon retention of heat. A small quantity of food will not hold as much heat as a larger one, and will, therefore, continue cooking for a shorter time. The more nearly full the vessel is of food, the better will the heat be retained. In heating the soapstones, be careful not to let them become red-hot, because of danger of cracking.



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Since the preparation of this manuscript "Feeding the Family," by Mary Swartz Rose (The Macmillan Co., New York), has been published, and is a valuable addition to books on the subject.

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Week No.			Recipe Number Week No.			
SATURDAY			SUNDAY			
DA	22 121 2	1	Corn Meal Constants Coffee	18 121 2	1	Cracked Wheat Constants Coffee
b DIN Me Me	98	1	Baked Beans Bread	70	1	Roast Lamb (Forequarter) Bread
c Veg atoes		1	Beans as Baked Beans	113 106	1	Potatoes Beets
d Des	35 88	1	Dutch Apple Cake Lemon Sauce	39	1	Chocolate Pudding
e SU	118 3	1	Cream Toast Sliced Banana Tea	61 11 3	1	Apricot Sauce Bread and Oleo Ginger Cookies Tea

f  
Meat 3, Vegetable 5, Dessert 4; Supper 6, may not secure the right amount or proportion of food in so limited a dietary.

While advisable, it is not essential that the days or numbers be used in order; the only dictum is that of using the same numbers under a given day, and if changes of days are made, the calculation of the menus must be considered, so that in the readjustment the total average for the week shall meet the food requirements of the body.

g  
"CONSTANTS" refer to milk and sugar, bread and butter, used daily for breakfast and grouped together for convenience.

h  
The food values and amounts are given in the computed recipes.

1. The first part of the report  
describes the general situation  
of the country and the  
state of the economy.  
2. The second part of the report  
describes the state of the  
economy and the state of the  
economy.

3. The third part of the report  
describes the state of the  
economy and the state of the  
economy.  
4. The fourth part of the report  
describes the state of the  
economy and the state of the  
economy.

5. The fifth part of the report  
describes the state of the  
economy and the state of the  
economy.















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**167 Tremont Street, Boston**

